

## Why choose Iowa City Hospice?

### Respect. Comfort. Peace of mind.

As the oldest, most experienced hospice in the area, Iowa City Hospice brings an unmatched combination of:

- A personalized approach to patient, caregiver, and family care,
- Highly-qualified, experienced staff, and
- A large, dedicated volunteer base.

The result? Respect for individual choices. The comfort and peace of mind that comes from knowing you and your loved ones are cared for well. Individualized care plans and the most appropriate scope of hospice and bereavement services.

### Iowa City Hospice is the specialist in southeast Iowa

Iowa City Hospice provides the same quality care to every patient in our seven-county service area, regardless of their disease, age, background or ability to pay.



## Iowa City Hospice is your community-based, not-for-profit provider

Iowa City Hospice is our area's **not-for-profit** provider of hospice care and grief support services. Since 1983, our mission has been to help people **add life to each day** with comfort and dignity in mind. Referring physicians consistently give Iowa City Hospice's care excellent marks, averaging 4.6 on a 5-point scale and 99.4% of families and caregivers would recommend our services to others.

Iowa City Hospice believes everyone deserves the best end-of-life care available. We offer care to patients, their families and friends throughout the dying and grief processes. Our staff also provides continuing education workshops and presentations on a variety of topics to support our healthcare partners and inform community groups in our seven-county service area.

### Contact Us To Learn More About Iowa City Hospice:

[www.iowacityhospice.org](http://www.iowacityhospice.org)

**(319) 351-5665 (800) 897-3052**  
**1025 Wade St., Iowa City, IA 52240**  
**[info@iowacityhospice.org](mailto:info@iowacityhospice.org)**



## End-of-Life Care Educational Workshops for Healthcare Professionals

*Provided as a service to our care partners*

## **Iowa City Hospice: Supporting Our Care Partners through Educational Opportunities**

We are available to develop and provide workshops to meet the unique educational needs of your staff.

*Some of the workshops that we have provided include:*

### ***Iowa City Hospice: Partners in Care***

An overview of the hospice philosophy, procedures regarding methods of comfort, pain control, symptom management, emotional and spiritual considerations, patient rights, appropriate forms and record-keeping requirements.\*

\*This workshop meets the Medicare education conditions of participation criteria for nursing homes.

### ***Iowa City Hospice:***

***Adding Life to Each Day*** Designed to help professionals understand the comprehensive services that Iowa City Hospice provides and when to make a referral.

### ***Hospice: When is the Right Time?***

Determination of Prognosis Medicare guidelines are reviewed with case examples to facilitate learning.

### ***Pain and Symptom Management at the***

***End of Life*** An overview of options for management of pain and other symptoms.

### ***Supporting Individuals and Families at***

***the End of Life*** Identifies ways to assess individuals' and families' needs and provide emotional support at the end of life.

### ***Professional Caregiver Grief & Loss***

A workshop designed to look at personal grief experienced in the workplace and ways to promote self-care.

### ***Managing Professional Caregiver***

***Stress*** Characteristics of compassion satisfaction and fatigue are defined. The impact of grief on staff and promoting self-care and organizational health are presented.

***Understanding Grief*** A review of the basics of grief, and tools for supporting those who are grieving.

### ***Treatment Options for Individuals Experiencing Agitation in End-Stage***

***Dementia*** Potential causes and treatments for end-stage agitation are described. Sensory stimulation techniques are examined as ways to provide comfort.

***Mental Illness in the Elderly*** Diagnostic criteria for anxiety, depression and dementia are described. The difference between delirium and dementia is explained with discussion about treatments to improve quality of life.

Free contact hours are available upon request (requires six weeks' notice, which is necessary to ensure the processing of paperwork).

## **Faculty**

### **Michelle Weckmann, MD, MS**

Medical Director, Iowa City Hospice  
Assistant Professor, Roy J. & Lucille A.  
Carver College of Medicine,  
University of Iowa

### **Bruce Anderson, ARNP**

Nurse, Iowa City Hospice  
Geriatric Nurse Practitioner,  
Mercy Iowa City

### **Lavon Yeggy, RN, BSN, Board-Certified**

Gerontological RN  
Nurse, Iowa City Hospice

**Jane Dohrmann, MSW, LISW**  
Professional Outreach Coordinator,  
Iowa City Hospice

**Keila Naparstek, MSW, LISW**  
Bereavement Outreach Coordinator,  
Iowa City Hospice

## **Iowa City Hospice's Comprehensive Services Include:**

- Care available on-call 7 days a week, 24 hours a day
- Pain and symptom management
- Physician and Registered Nurse visits
- Training and education for families about the dying process
- Social work counseling services
- Spiritual counselors
- Hospice aide services
- Complementary therapies (such as music therapy; physical, speech or occupational therapy; and dietary counseling)
- Pharmacy and laboratory services
- Medications, medical equipment and supplies delivered to the home
- Inpatient care, respite care and crisis management
- Bereavement support services
- Support from volunteers

**For more information or to schedule a workshop, please contact:**

**Jane Dohrmann, MSW, LISW**  
Professional Outreach Coordinator  
jane.dohrmann@iowacityhospice.org  
Iowa City Hospice  
1025 Wade St., Iowa City, IA 52240  
(319) 688-4214 (800) 897-3052  
www.iowacityhospice.org