

END OF LIFE CARE: PROFESSIONAL PRACTICE AND SUPPORTING FAMILIES

Training for healthcare professionals supporting individuals at the end of life

Acquire the clinical, relational, and ethical skills to dignify end-of-life care

Duration : 6 hours	Modules : 4 modules
Lessons : 16 lessons	Audience : Healthcare professionals in medicalized facilities, home care, palliative units
Format : 100% online, asynchronous	Provider : N° 11757351875
Certification : Qualiopi	Price : On request

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Course description

This 6-hour training is designed for professionals supporting individuals at the end of life in all types of establishments: medicalized residences, home care, hospitals, and palliative care units. Participants will acquire essential clinical, relational, and ethical benchmarks to provide dignified accompaniment to dying persons and support their loved ones. The training covers the phases of end of life, relief of suffering, communication with individuals and families, patient rights, and emotional protection of caregivers. At the end of the training, each participant will have strengthened their caregiving posture in the face of death and gained concrete tools to navigate these moments with humanity and professionalism.

Module summary

MODULE 1	Understanding End of Life — Clinical and Cultural Guidelines	4 lessons
MODULE 2	The caring posture in the face of death	4 lessons
MODULE 3	Support families and manage grief	4 lessons
MODULE 4	Working as a team around end-of-life care	4 lessons

Learning objectives

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- Identify the clinical phases of end of life and recognize signs of approaching death
- Understand total suffering (physical, psychological, social, spiritual) and its manifestations
- Master the legal and ethical framework of end-of-life care in France
- Adopt an appropriate caring posture: presence, communication, and right distance
- Accompany families during the terminal phase and through grief
- Work effectively in multidisciplinary teams and manage one's own emotions
- Utilize DYNSEO tools to maintain connection and comfort for residents and families

General information

Duration	6 hours
Target audience	Healthcare professionals (nurses, nursing assistants, social workers, psychologists) working in medicalized facilities, home care services, hospitals at home, and palliative care units
Prerequisites	No prerequisites, training accessible to all adult professionals
Price	Sur devis – TVA non applicable (article 261-4-4° du CGI)
Certification	Qualiopi – Attestation de fin de formation

Lesson 1 - The phases of end of life — clinical guidelines for caregivers

- Distinction between serious illness, palliative phase, terminal phase, and agony
- Clinical signs of approaching death: breathing, pulse, consciousness changes
- Unpredictable duration of each phase and difficulty formulating prognoses
- Role of non-physician caregivers in observing and communicating signs

Lesson 2 - Global suffering at the end of life

- Concept of total suffering: physical, psychological, social, spiritual dimensions
- Recognizing and assessing pain in minimally or non-communicative persons
- Psychological suffering: fear, anticipatory grief, loss of meaning, regression
- Spiritual and existential suffering: questions of meaning, faith, reconciliation

Lesson 3 - Cultural and personal representations of death

- Death in different cultures: rituals, beliefs, and taboos in institutions
- How caregiver's personal representations influence their support approach
- Secularism in care: respecting beliefs without sharing or imposing them
- Funeral rites after death: what caregivers can do and must facilitate

Lesson 4 - The legal and ethical framework — rights of the patient at the end of life

- Claeys-Leonetti Law (2016): deep sedation, advance directives, trusted person
- Advance directives: what they are, how to consult and respect them
- Refusal of treatment and unreasonable obstinacy (therapeutic relentlessness)
- Euthanasia and assisted suicide: legal framework and current ethical debate

Lesson 1 - Being present without fleeing — the right healing distance

- Recognizing one's own defense mechanisms and temptation to flee distress
- Silent presence: when words are unnecessary, the body is enough
- Finding the right distance: neither excessive fusion nor cold detachment
- What the dying truly expects: presence, honesty, non-abandonment

Lesson 2 - Communicating with the person at the end of life

- What the person hears even in coma or unconsciousness: importance of spoken words
- Words to say and avoid: authenticity, gentleness, respecting silence
- Answering difficult questions: 'Am I going to die?', 'How much time do I have?'
- Non-verbal support: touch, gaze, tone of voice

Lesson 3 - Fundamental needs at the end of life

- Physical comfort: mouth care, positioning, pain management, nursing care
- Psychological comfort: presence continuity, familiar environment, reduced stimuli
- Relational needs: family presence, allowing farewells, promoting reconciliation
- Spiritual needs: allowing rituals, calling spiritual companion if desired

Lesson 4 - The moment of death — accompanying the last hour

- Recognizing signs of agony and imminence of death
- Being present at the time of death: is it always possible or right?
- Actions after death: body care, respecting modesty, presence of loved ones
- Communicating death to team and families: words, tone, timing

Lesson 1 - Accompanying loved ones during the terminal phase

- Family needs: being informed, included, supported without being overwhelmed
- Answering families' questions without overstepping professional role
- Managing family tensions at bedside: conflicts, absentees, guilt

- Facilitating visits and moments of intimacy between family and patient

Lesson 2 - Announcing a death to families

- Principles of respectful announcement: calm place, posture, chosen words
- Avoiding painful or clumsy phrases commonly used
- Supporting immediate reaction: shock, tears, anger, numbness
- Follow-up after announcement: actions in following hours, who to contact

Lesson 3 - The mourning of families – what the caregiver can support

- Stages of grief (Kübler-Ross, Bowlby): guidelines without pathologizing
- Complicated or pathological grief: warning signs and professional referral
- Caregiver's role in grief: testimony, condolence card, post-death contact
- Grief support groups: local and national resources

Lesson 4 - The grief of caregivers – recognizing and taking care of oneself

- Professional mourning: real grief often denied within teams
- Team rituals after death: reflection moment, informal exchange, debriefing
- Recognizing compassion fatigue and burnout from repeated deaths
- Support resources: supervision, occupational psychologist, practice analysis

MODULE 4

Working as a team around end-of-life care

4 lessons

Lesson 1 - Multidisciplinary coordination in palliative care

- Role of each professional: doctor, nurse, assistant, psychologist, social worker, volunteer
- Palliative care consultation meetings: objective, format, frequency
- Ethical disagreements within team: how to address without denying them
- Calling mobile palliative care team (EMSP): when and how

Lesson 2 - Team Communication Around Death

- Naming death within the team: overcoming professional taboos
- Sharing emotions without losing professional posture
- Emotional regulation meetings: necessary but often absent space
- Role of health management and leadership in creating dialogue space

Lesson 3 - DYNSEO tools to support the well-being of residents at the end of life

- E-MEMORIES: helping person revisit their life, activating autobiographical memory
- MY DICTIONARY: maintaining communication with individuals who lost ability to speak
- Music and sensory memories as tools for presence and comfort
- Offering these tools to families during visits to create connections

Lesson 4 - Assessment and anchoring of knowledge

- Validation quiz: end-of-life situations, appropriate postures, patient rights
- Reflective feedback: which situation was most difficult and why?
- Identifying personal and professional resources for self-care
- Additional resources: SFAP, volunteer support, palliative care training

Teaching methods

- Online training accessible 24/7 on DYNSEO platform
- Interactive modules with videos, case studies, and practical scenarios
- Self-paced learning with knowledge validation quizzes
- Downloadable resources and practical tools for immediate implementation
- Final assessment and certificate of completion
- Post-training support and access to additional resources