

# END-OF-LIFE DOULAS: A COLLABORATIVE APPROACH TO END OF LIFE CARE

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**“Death is a social event with a medical component, not a medical event with a social component.”**

~ Allan Kellehear, PhD

Compassionate Communities Model of Care

# A TIMELINE FOR EOL DOULA SERVICES



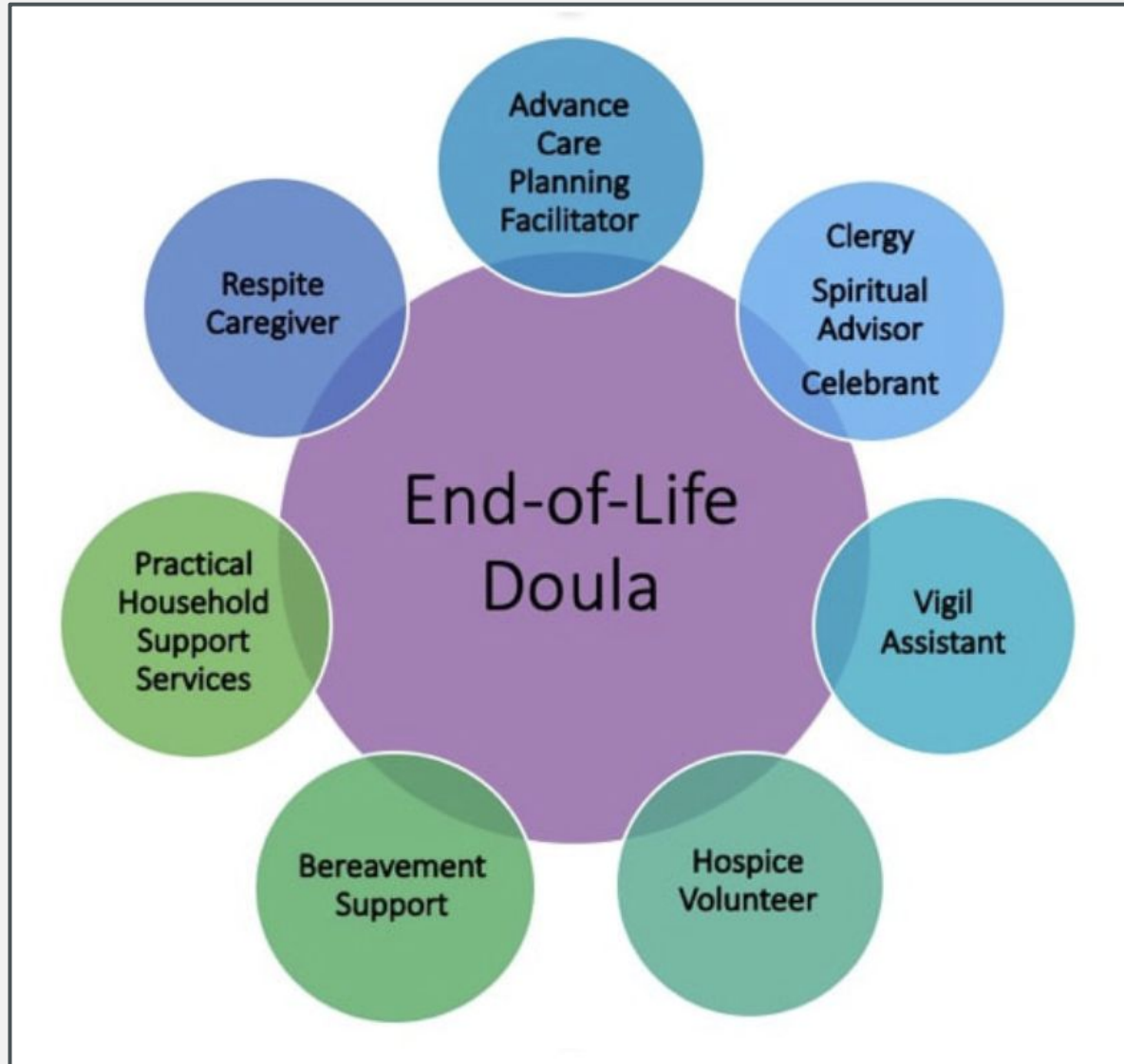
# COMMON PURPOSE OF EOL DOULAS

Work together to meet patients' needs with the same goal

- Companionship and education
- Emotional support
- Time with family/caregivers
- May overlap with other roles

Work with the clinical team to provide continuity for the existing care plan

# THE DOULA MODEL OF CARE



## HOW EOL DOULAS ARE DIFFERENT THAN OTHERS ON THE IDT

- Non-medical, non-clinical
- Flexible / Adaptable Role
- More time
- Minimal documentation
- Innovative and non-traditional
- Continuity of care before, during and after death

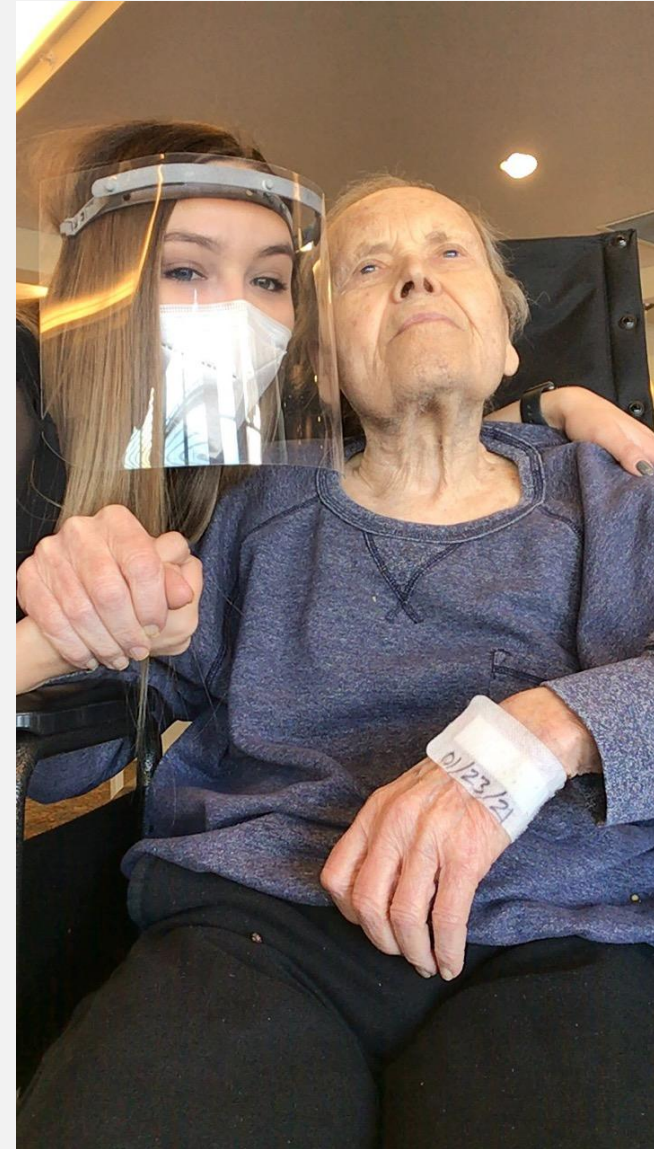
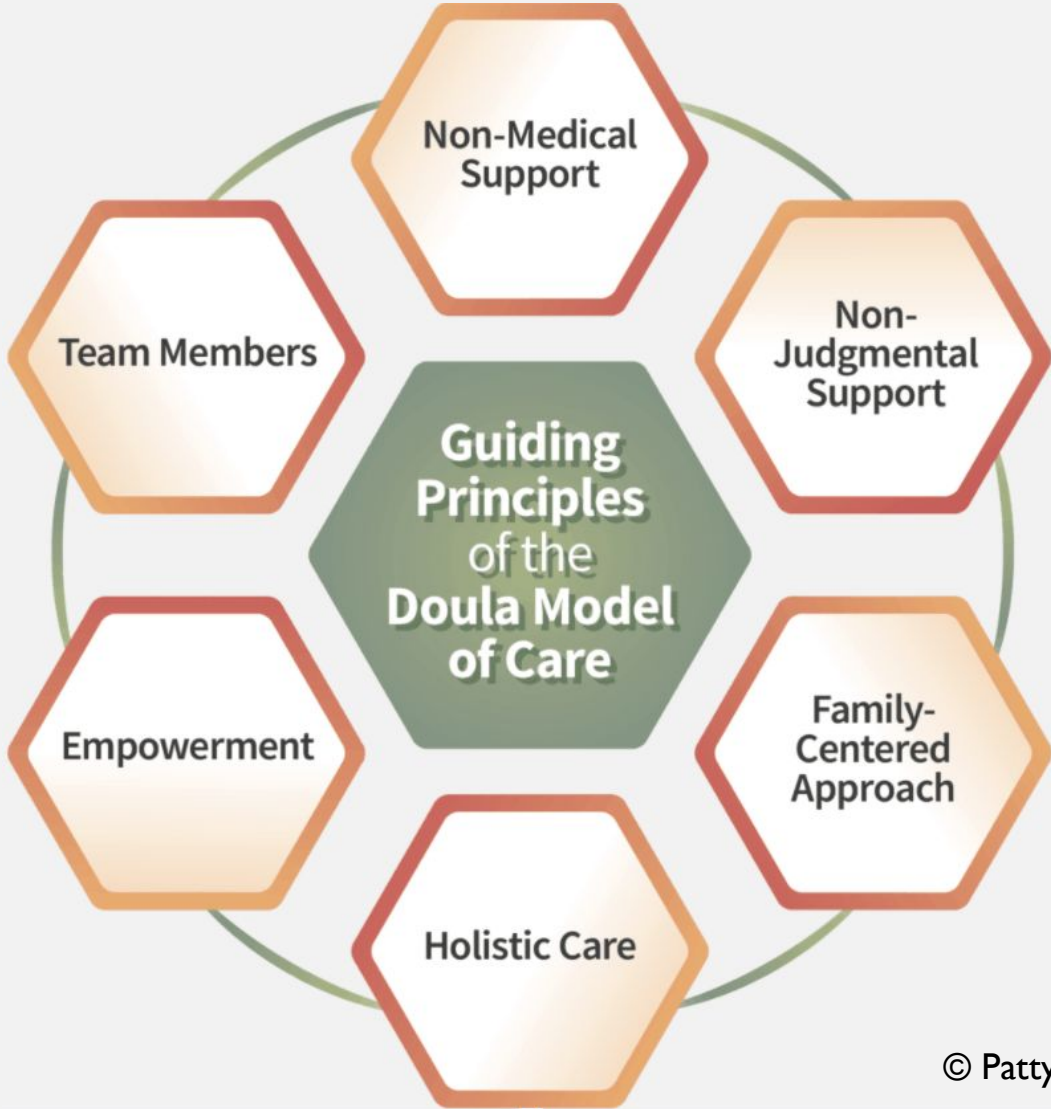


Photo: Merilynne Rush

# PRINCIPLES OF THE EOL DOULA MODEL



# HOW EOL DOULAS ARE COLLABORATIVE

- Work with hospice team care plan
- Do not usurp anyone else's role
- Encourage communication with whole team
- Share observations, ideas, opinions
- Extra layer of support for caregivers/those without family
- Added spiritual support, pray with family

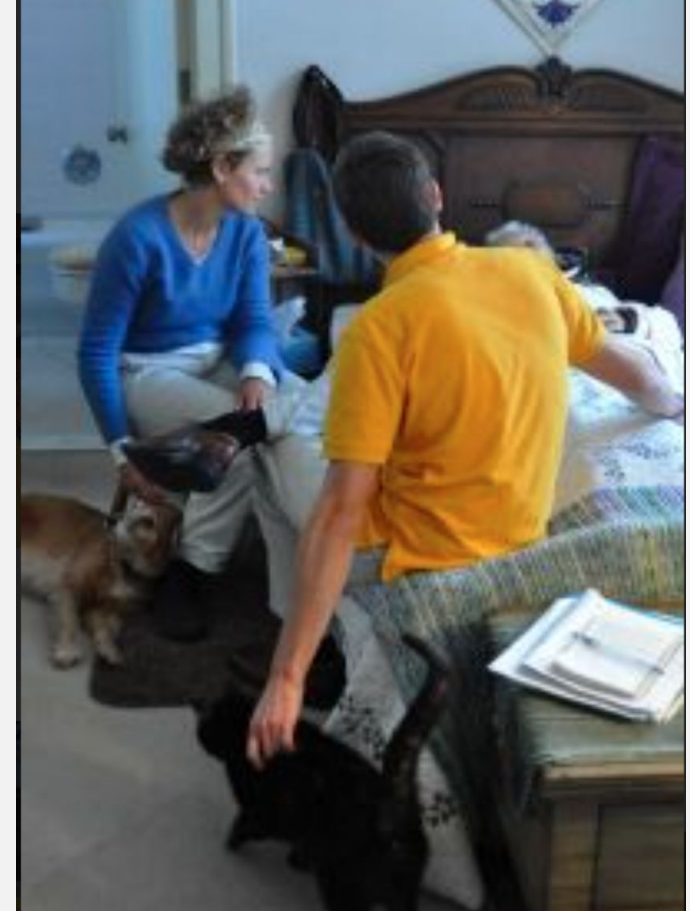


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# CASE STUDIES

## Case study #1

- 70+ year old African American woman
- retired Neonatal Nurse
- independent up to enrollment into hospice
- hospice days of stay neared 6-months
- cultural lens of the patient

## Case study #2

- 52 year old woman with 4 hereditary lung diseases
- resistant to hospice “not ready to go there”
- lived in remote, rural area
- rapid decline, relationship with doula “made it not so scary”

# EOL DOULAS AS INDEPENDENT CONTRACTORS

## Payment Structure:

- Pro-bono
- Sliding scale
- Private pay fee for services
- Ability to work flexibly with clients

## KEY TAKEAWAYS

Doulas provide:

- Physical, emotional, spiritual, practical care
- Companionship and accompaniment
- Information, education, resources
- Collaborative Partners
- Great breadth of supportive services:
  - Life review
  - Vigiling
  - Prayer
  - Meditation
  - Guided imagery
  - Hands-on comfort measures

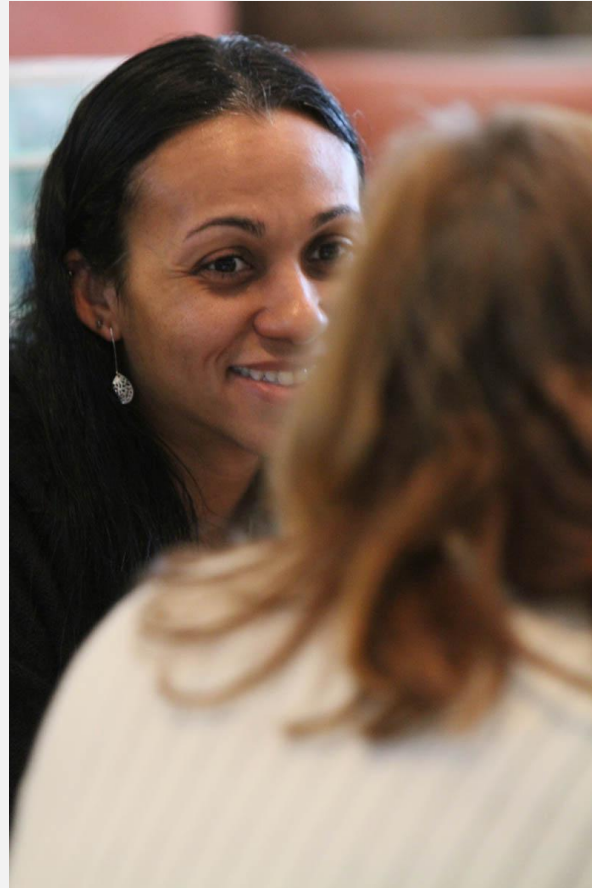


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## GET IN TOUCH

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