

Conscious Dying Institute

TARRON ESTES AND ASSOCIATES

Start with the End in Mind

www.ConsciousDyingInstitute.com -- 303-619-7902



Best Life Care© is a Patient Care & Staff Development

Tool. *It strengthens* the foundation of meaningful and compassionate engagement between staff and patients.

It develops:

- **Caring Connection** with self and others
- **Compassionate Communication** promoting quality life choices
- **Comforting Care** for all involved in end of life.

Best Life Care © strengthens system initiatives and supports the excellent work of palliative care and hospice teams. It prepares frontline staff to:

- Create Healing Environments
- Provide emotional and spiritual support
- Initiate conversations about the dying process
- Practice self care ~Reduce burnout & emotional fatigue
- Demystify the stages of the dying process
- Acknowledge mysteries, miracles and unexplained events
- Learn how to be with intense emotions
- Honor other's beliefs ~ Be true to your own
- Be a steward of conscious deaths
- Attend at bedside ~ No one dies alone

System-Wide Success

Kaiser Permanente of Northern California's Patient Care Services piloted a Human Caring program in January 2010 and November 2012.

The 3-day educational onsite was developed and delivered by Dr. Jean Watson, Dr. Linda Ryan and Tarron Estes, founder of the Conscious Dying Institute.

The program made an impact by aligning the values, beliefs and behaviors of clinicians with Kaiser's mission and vision across 21 medical centers to 600 staff.

NCAL Kaiser saw significant improvement in:

- Patient satisfaction with nurse compassion
- Patient satisfaction with nurse communication
- Overall hospital rating

Additional System Benefits:

- Increase number of patients receiving hospice and palliative care
- Increase implementation of end of life directives
- Increase comfort care implementation regardless of hospice entry
- Increase patients' best days, weeks or months of life
- Foster caring relationships with families, patients and teams leading to staff retention and job satisfaction
- Lower hospital visits and re-entry
- Reduces death's impact on patients, families and staff

The Conscious Dying Institute is a transformational learning consultancy offering human caring education. We prepare healthcare professionals to talk about end of life wishes and choices and to offer immediate, consistent and meaningful engagement with patients and families. By receiving palliative care that focuses on end of life, health care workers renew their purpose as caring agents, restore their innate healing gifts and wisdom, reduce stress and burnout, and increase their ability to identify and give others "Best Life Care"© they want and need.

Participant Experiences

Michael Gunther Maher MD, FACP

Medical Director, Hospice |(916) 508-7055
Kaiser-Permanente, Sacramento / Roseville

"The staff retreat for the Roseville Hospice Team was memorable and remarkable. Tarron's expertise and style were excellent and made possible a depth of thoughtfulness and exploration that is rare in health care. It's heart-warming to see in another person the love, wisdom and depth I so value in my own life. Tarron, You are the entire package, and I came away deeply impressed and appreciative. You are going for the heart of things, where true hope and joy reside."

Teresa A. Head, RN, BSN, CHPN

Palliative Care RN Coordinator, Caritas Coach
Kaiser Richmond Medical Center
510-219-4494 Teresa.A.Head@KP.org

"Being in Tarron's programs help me see how to focus on the inner needs of staff, their challenges and dreams for better care at end of life. As a palliative care provider, Tarron's programs give me hope that as our palliative care programs expand, we can someday offer trainings to medical providers to provide best practice to deliver care to the dying. An educational package that includes training about personal death awareness issues will not only improve care to our members, it will bring deeper meaning, peace, and resiliency to our dedicated health care professionals."

Professional References

Jean Watson, PhD, RN, AHN-BC, FAAN

Founder/Director Watson Caring Science Institute
Distinguished Professor | Dean Emerita University of Colorado
Denver (303) 818-2883

Jim D'Alfonso, MSN, RN, NEA-BC, DFNAP

Regional Director of Operations Patient Care Services, Northern
California Kaiser (510) 209-3209

Kelly Swauger, RN, PH.d

Chief Nurse Officer Veterans Medical Centers
Greenville, North Carolina
kellyswauger@gmail.com 336-413-6743