COURSE OBJECTIVES
Upon successful completion of this course, students should be able to:

• Describe the goals of palliative and end of life care
• Identify ways to help patients develop their goals of care and develop a plan of care
• Assess aspects of emotional and spiritual health
• Discuss the role of culture and beliefs at crucial points in decision-making when treating life-limiting and chronic conditions
• Explore one’s own perspectives around death and dying
• Create a self-care plan to help with the stresses of providing care at end of life

COURSE DESCRIPTION
Students will learn how to provide compassionate and effective care at the end of life, including appropriate communication with patients, families, and healthcare providers at crucial points of care. Students will also explore their own perspectives about end of life and learn the importance of self-care. The course will help students reframe end-of-life care from a focus on medical death to an emphasis on humane dying through reflection on values, hopes, and plans. Students will learn to support individuals through personal connection and the sharing of narratives and wisdom.

Visit z.umn.edu/CSPH5513 or contact us at csh-academics@umn.edu for more information.