



Area community resources will continue to be highlighted in the *Prairie Faith Parish Nurse News* over the next few months. Perhaps you personally are not in need of some of these resources and services, but you may be able to share the information with someone you know who could benefit! This month's focus is *hospice care*.

End Stage of Life - Hospice

(Quiz and information written by: Laurita Burbach)



What do you know about service for end stage of life for yourself or a loved one? Education is one of the best methods to combat fears and misinformation. Learn more about hospice by taking the following true/false quiz to fact-check your knowledge about hospice services and compare your answers to learn more.

T/F Hospice is a place.

False. Hospice is a service to which everyone is entitled. Services occur wherever the person is.

T/F Medicare coverage for hospice is less expensive.

You might unexpectedly find this is true. Recent data reveals hospice care actually saves money.

T/F Hospice provides comprehensive, multi-disciplinary care that focuses on living.

True again! Services include nursing, social work, physician, volunteers, as well as medical equipment, medication, and other perks to promote the right care for the best life possible.

T/F Hospice is for the last days of life.

True and false. Yes, hospice provides care for the last days of life, but services can begin earlier. In fact, it is preferable to incorporate hospice services earlier. It is required to have a life expectancy of 6 months or less to qualify for hospice benefits. However, some patients receive hospice services past that prognosis and "graduate" out of hospice service.

T/F Most people would prefer to die in their homes.

Definitely true. Research reports 80% of Americans want to die in their homes surrounded by familiar people/environment. The end of life does not have to occur in an institution or facility; yet, if it does, hospice can be present in those locations to support individuals and loved ones.

T/F Families cannot provide adequate care for loved ones.

False. Because hospice services include family and loved ones, it becomes possible to provide adequate care. Hospice professionals provide education, counseling, support and teach skills to enable caregivers to confidently provide care.

T/F Families cannot request hospice care.

False. Referrals for hospice come from a variety of sources, including families who request services. Other sources include local and specialty physicians, home health, nursing facilities, patients, and friends. A physician order is required to initiate services once a request is made.

T/F You have to be elderly to qualify for hospice.

False. Hospice is for anyone facing a life-limiting illness from birth throughout the lifespan.

T/F My area is served by hospice.

ABSOLUTLEY! We may not be metropolitan, but hospice services are available. Trego, Rooks, Graham, and Gove (along with 12 other northwest Kansas counties) are provided hospice service through NWKareS, a non-profit hospice based in Phillipsburg. Ellis County is served through Hays Medical Center.

“As a social worker for NWKareS, I feel honored to participate in the last stages of life. For me, birth and death are the most spiritual events of a lifetime. We all deserve “the best life” throughout the duration of life with death being the final stage. If you, or someone you love, has a desire to experience the fullest life possible, even during the final stages of life, or have questions, please reach out to NWKareS at 1-800-315-5122 or HaysMed Hospice and Palliative Care at 1-800-248-0073.”

*Yours Through Christ,
Laurita Burbach*

More information may be found at
<https://hospicefoundation.org/End-of-Life-Support-and-Resources>
www.caringinfo.org www.heartlightcenter.org



The next parish nurse ministry health advisory board meeting will be held at 5:30 p.m. on Tuesday, September 3, 2024 in the library at Bethlehem Lutheran Church. Visitors are invited to attend any meeting or to share suggestions related to health and wellness of our community. Hope to see you at the meeting! 😊

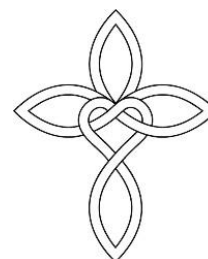


Dear Lord,

Speak gently in my silence.

When the loud outer noises of my surroundings
and the loud inner noises of my fears keep pulling me away from you,
help me to trust that you are still there even when I am unable to hear you.

Give me ears to listen to your small, soft voice saying:
“Come to me, you who are overburdened, and I will give you rest...
for I am gentle and humble of heart.” Let that loving voice be my guide.



Amen

*Prayer by Henri Nouwen
From the book, **Following Jesus: Finding Our Way Home in An Age of Anxiety***



Feel free to call or email me to: schedule a confidential appointment to discuss your health/wellness questions, schedule transportation to a medical/dental/counseling appointment if you need a ride, request a prayer shawl for someone in the community going through a difficult time, request a comfort meal gift card for a friend or neighbor, locate community health resources, request other parish nurse work, or discuss your ideas for the health ministry!



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785-743-2005 (leave a message, please)