



SOMB kick-off meeting ONLINE 23.02.2021

The Last Aid Course and minorities need for cultural adaptation

– a pilot project for German and Danish minorities across the border

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SOMB

Sidstehjælpskursus og minoriteters behov for kulturel tilpasning – et pilotprojekt for Tyske og Danske minoriteter på tværs af grænsen

Der Letzte Hilfe Kurs und Bedarf für die kulturelle Anpassung für Minderheiten – ein Pilotprojekt für Deutsche und Dänische Minderheiten beidseits der Grenze



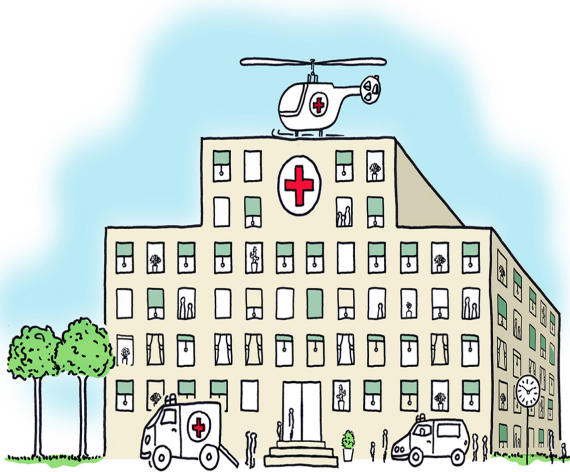
Where do you want to die?

1.

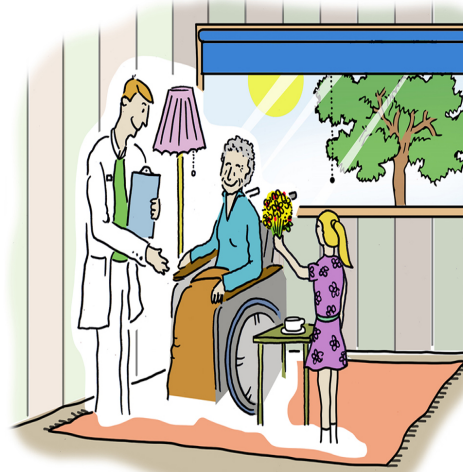
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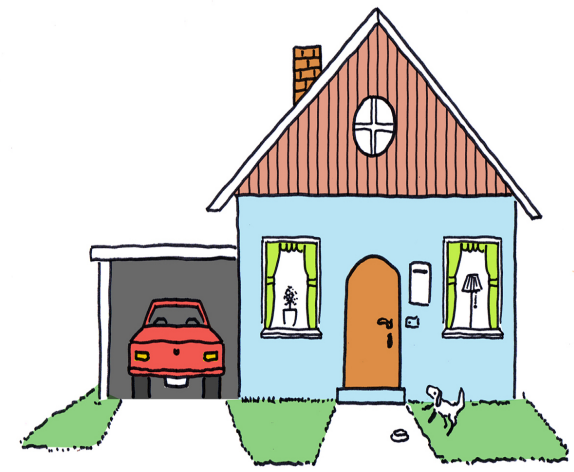
3.



In a hospital



In a nursing home



At home

Background

- Most people wish to die in their own home.
- Many need help and support from family members or others in the last days.
- Lack of care and lack of knowledge about death and palliation is a cross-border challenge.
- Last Aid course provide knowledge about options and possibilities for end-of-life care
- Last Aid Courses have started in 17 countries from Europe, South-America and Australia.

“End-of-life care is everyone’s responsibility”

Allan Kellehear

- Caring communities
- Compassionate communities
- Compassionate cities



What are you going to do?



First Aid



What are you going to do?



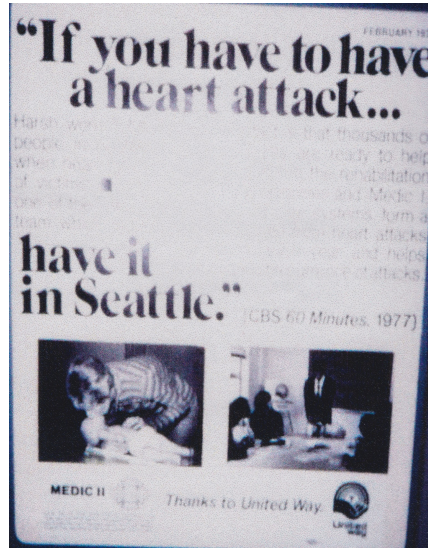
Last Aid



Little things can make
a big difference.



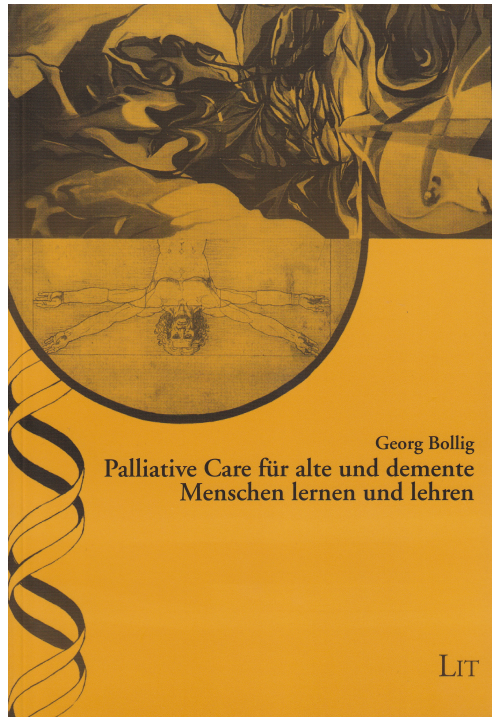
First and Last Aid



- In Seattle/King County, USA best chance to survive a cardiac arrest worldwide
- Reason: CPR education of citizens (858.000 citizens since 1971)
- **Public involvement is crucial**
= empowerment
- The German hospice movement started as a people's movement = "Back to the roots"



The Last Aid idea



- Born between 2005 and 2008
- Master Thesis for the degree MAS Palliative Care from the University of Klagenfurt-Wien, IFF, Austria 2008
- Book: Bollig Georg: Palliative Care für alte und demente Menschen lernen und lehren. LIT-Verlag Wien/Zürich 2010
- The idea of *Last Aid Courses* has been presented during congresses and in a number of articles

The Last Aid Course for everybody

- *Last Aid Course* with 4 modules (45 minutes each)
 1. Care at the end of life (death is normal)
 2. Advance Care planning and decision making
 3. Symptom management
 4. Cultural aspects of death and bereavement

Last Aid Course – module 1 and 2

Module 1	Dying as a normal part of life	To care and to accompany	<ul style="list-style-type: none">• When does the dying process start?• Caring for dying people• Who cares and who supports the carer?• Hospice philosophy and Palliative Care• What will be important for me when I have to die?
Module 2	Planning ahead	To make plans and decisions on your own	<ul style="list-style-type: none">• Communication and preparation• How can we reach good decisions?• To make provisions (e.g. living will)• Social networks

Last Aid Course – module 3 and 4

Module 3	Relieving suffering	To alleviate suffering	<ul style="list-style-type: none">• Living until the end of life• Options to handle and alleviate pain and other distressing symptoms (drugs and non-pharmacological options)• The role of eating and drinking at the end of life (including artificial nutrition and fluid management)• What to do if nothing helps
Module 4	Final goodbyes	To say farewell - cultural aspects of death and dying	<ul style="list-style-type: none">• Is there a right place to be?• Grief and bereavement• Rituals around the end of life• Burial - national rules and regulations• Summary and questions• Feedback and farewell

Knowledge and reflection



- „The open discussions.“
- „The communication and the discussions.“
- *Talking about death and dying does not hurt (GB)*

What we have achieved

- 30.000 citizens have participated in Last Aid courses in Germany, Austria and Switzerland
- 2.500 Last Aid course instructors
- Evaluation and quality insurance using 3 steps:
 - Questionnaire for course participants
 - Group interviews of instructors
 - International working group with experts
- Regularly updated guidelines and presentation available

Recognition and prizes

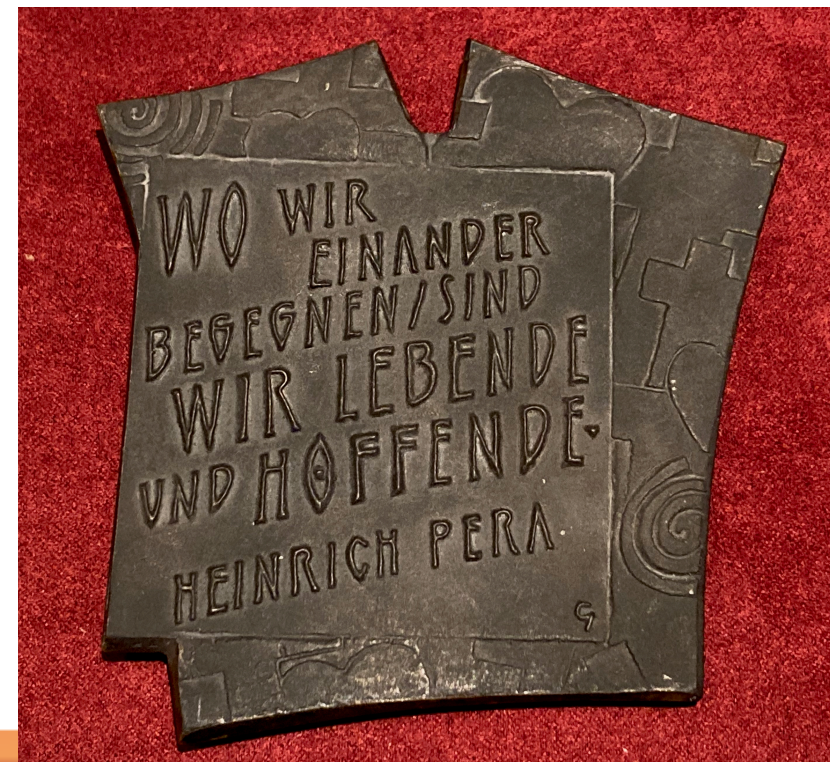


**Award for Palliative Care from the
German Association for Palliative
Medicine 2015**



**startsocial - invitation to
chancellor Angela Merkel 2015**
(photo: startsocial / Thomas Effinger)

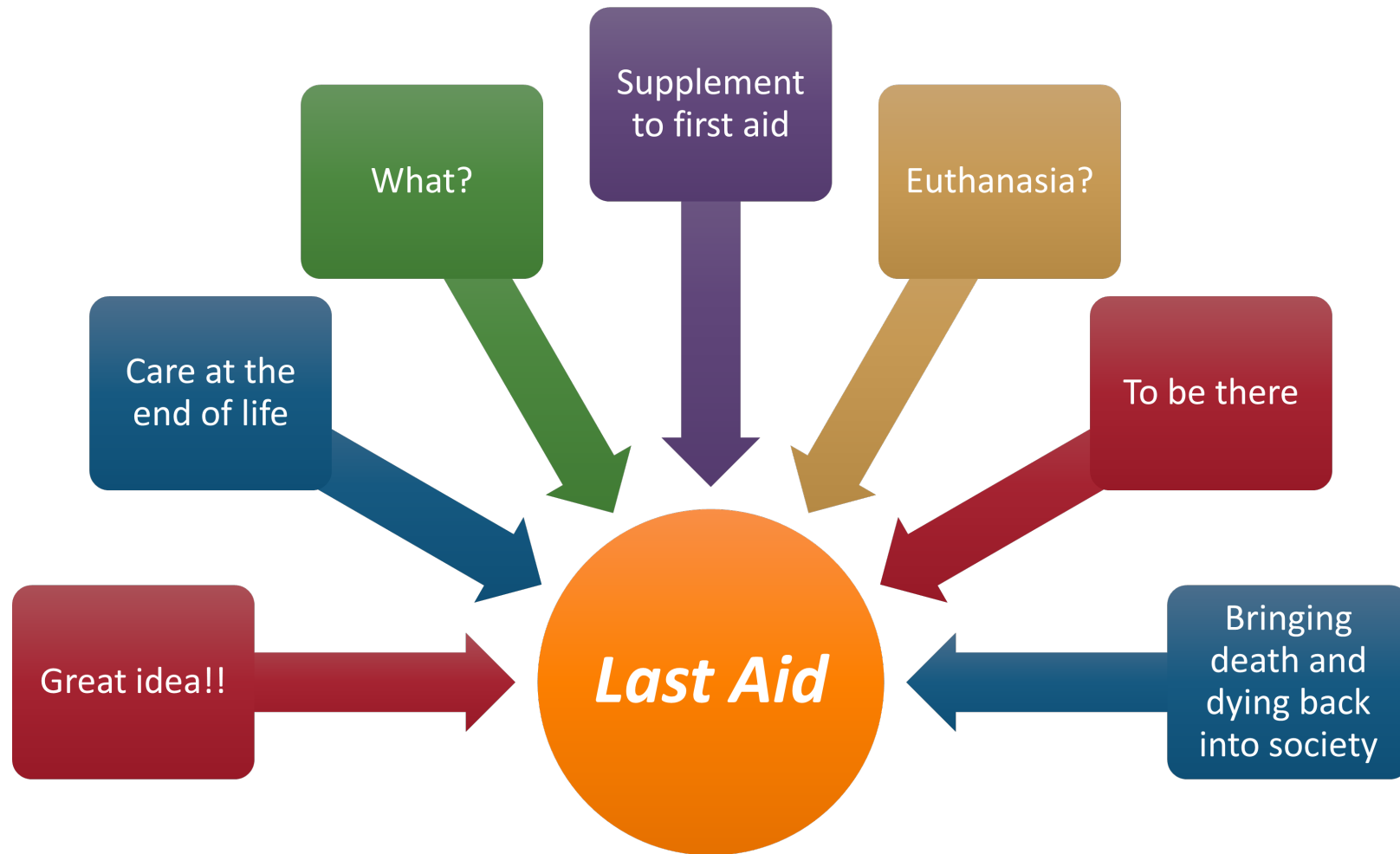
Heinrich Pera Preis



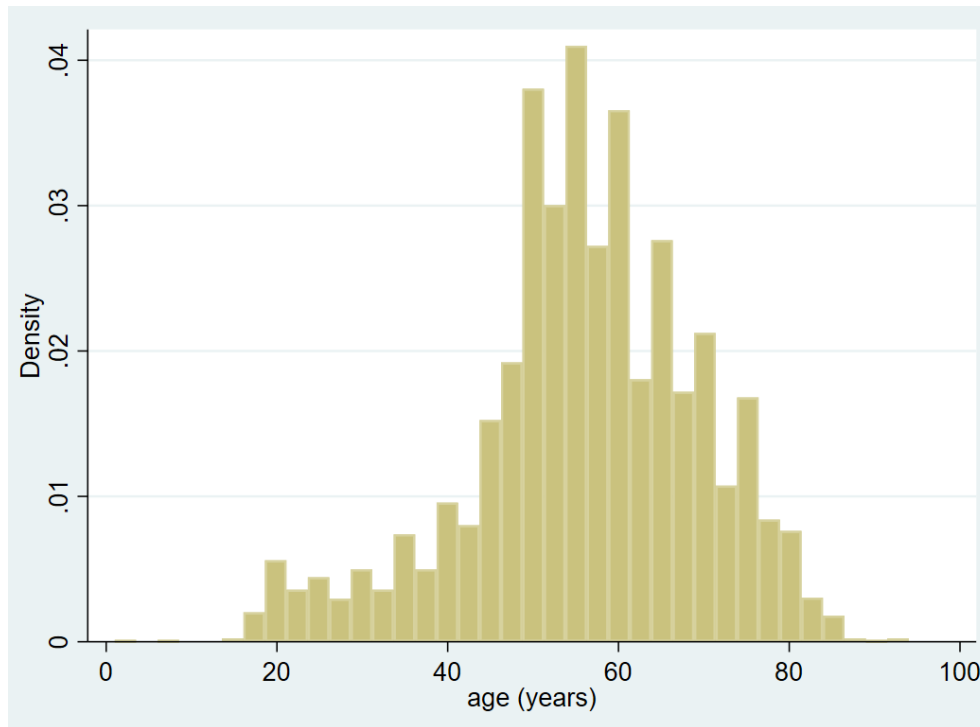
What we already know:

- The Last Aid Course is feasible and well accepted by adults
- Most participants found the content easy to understand and would recommend the course to others
- Last Aid Courses have been implemented in many countries
- The Last Aid Course for kids/teens is feasible and well accepted by children and teenagers
- Online Last Aid Courses have been pilot-tested and are feasible
- Last Aid Course participants are mostly women (age 50+)

What do people associate with the term “Last Aid”?



Last Aid Course participants



- 5478 participants
- 88% female / 12% male
- Median age 56

Last Aid Course Online

- The Last Aid Course is feasible as Online format
- 15 Online Last Aid Courses with 174 participants between April and October 2020
- Overall course satisfaction for the online courses in line with previous findings for classroom teaching.
- New participant groups?

1) Bollig G, Knopf B, Meyer S, Schmidt M. "A New Way of Learning End-of-Life Care and Providing Public Palliative Care Education in Times of the COVID-19 Pandemic – Online Last Aid Courses", *Arch Health Sci*; 4(1): 1-2.

2) Bollig et al. 2020 under review

SOMB – project goals

- To form a cross-border network to discuss cultural differences in relation to care and nursing at the end of life
- To discuss how these differences can be included in the last aid course for minorities at both sides of the boarder.
- Within the project period meetings and Last Aid Courses will be held with participation of representants of different organizations.
- This will lead to cultural adjustments of the existing first aid course.

SOMB – expected results

- Results from the project will be used to establish a larger following project covering the whole border region.
- The project will contribute to more knowledge about end-of-life care in the public, improve palliative care provision and to encourage the public discussion about death and dying.



SOMB - cooperation

The project is supported by Interreg and runs from 01.01.2021 until 31.12.2021

Co operation partners are:

- Medicinsk Forskningsenhed, Sygehus Sønderjylland
- Katharinen Hospiz am Park Flensburg
- Letzte Hilfe Deutschland gUG
- Dansk Folkehjælp



SOMB – Plan for 2021

Networks partners are invited to:

- Participate in a one-day workshop about cultural issues in the Last Aid Course
 - participation in a Last Aid Course (3.5 hours)
 - focus group discussion about possible cultural issues and suggestions for adaptation (1-2 hours)
- Evt. Cooperation in follow-up project to test the cultural adapted Last Aid Course in the border region



Questions?

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