

Investing in Resolve Through Sharing[®]



A family arrives at your organization. The worst thing is happening—someone they love has died or is going to die. The cause could be a miscarriage, a traumatic accident, or a long illness. Are you prepared?

Executive Summary

Research shows that death is the most anxiety-producing situation that nurses face¹. Anecdotal evidence indicates the same is true for other professions. Being prepared for these challenges helps staff feel confident that they can make a difference. Bereavement education decreases anxiety associated with death leading to increased staff satisfaction and retention, and better care for patients and families in many ways.

Since 1981, Resolve Through Sharing (RTS) has been the “go to” program for professionals who want the best education centered on caring for those who are grieving. Offering three bereavement trainings (Perinatal Death, Neonatal and Pediatric Death, and Adult Death) and a train-the-trainer course (Coordinator Training), RTS is the most comprehensive program you will find to help you attain your bereavement care and grief support goals.

Together, we can truly make a difference in the lives of those whose suffering can be eased by a single person demonstrating they truly care.

Rana Limbo, PhD, RN, CPLC, FAAN

Rana Limbo, PhD, RN, CPLC, FAAN
Cofounder and First Coordinator (1981)
Associate Director and Senior Faculty Consultant
Resolve Through Sharing

¹ Peters, L., Cant, R., Payne, S., O'Connor, M., McDermott, F., Hood, K., Morphet, J., & Shimoinaba, K. (2013). How death anxiety impacts nurses' caring for patients at the end of life: A review of literature. *The Open Nursing Journal*, 7, 14-21.

What sets RTS education and support apart from the competition? What defines and unifies RTS offerings addressing grief and loss? There are nine critical components of RTS programming and practice.

RTS Is Time-Tested

Established in 1981, RTS is a not-for-profit bereavement program that is recognized internationally as the gold standard of bereavement care and education. From our headquarters at Gundersen Health System, we have educated over 50,000 individuals in best-practice bereavement care and trained 8,500 Coordinators to lead programs worldwide. Additionally, we



offer nearly 150 unique, high-quality products to support both bereaved families and the clinicians who care for them. RTS support materials address the needs of grieving patients and loved ones, discuss what to expect during the course of death and dying, and provide information to dispel incorrect assumptions about death and grief.

RTS Provides Tools to Support Loss at any Point

Since its inception, RTS has been a champion supporting perinatal loss. In recent years, RTS has expanded its scope of professional training to include those who care for neonatal, pediatric, and adult death populations.

RTS Is Sustainable

RTS has offered Coordinator Training since early in its history. Education, implementation, dissemination, and quality control are all essential elements of this train-the-trainer course. Upon completion of the training, the national program follows up with each individual Coordinator to assess the implementation of their program and provide support.

RTS also offers numerous tools for in-services, including presentations, webinars, and videos. Supplementary resources and tools such as articles, books, guides, checklists, position papers, and an “Ask the Experts” column, are additional ways the national program assists those who implement RTS in their organizations.

RTS Is Relationship-Based

Developing professional skills in caring for others is anchored in relationship. Being in relationship allows the bereaved to develop trust in the care provider—to ask questions, be open to guidance, to express hopes and fears, and to create meaningful moments at the end of life. Relationship-based practice not only supports the needs of patients and families, it also supports care providers experiencing their own grief.

RTS Is Evidence-Based

RTS is involved in ongoing research and consistently advocates for patients and families through position statements and education that leads to improved outcomes. Each RTS bereavement course incorporates theory, research, and personal experience to provide evidence-based interventions and concepts that work. When evidence-based practice is used in an organization or throughout a system, quality of care and patient outcomes are improved, care consistency leads to cost reduction, and provider empowerment leads to workplace engagement and reduced staff turnover rates.

RTS Incorporates Bereavement Care Theories and Concepts

From the beginning, RTS has based its education and bereavement care standards on theoretical and clinical perspectives. Both support evidence-based practice. Here are some of the classic theories and concepts that are integrated into RTS education.

- Theory of caring
- Theory of caregiving
- Attachment theory
- Middle-range theory of guided participation
- Ritual and reflection practice
- Self-care strategies
- Mindfulness concepts, tools, and mastery

RTS Is Transformative

RTS education will transform the way your providers care for patients and their loved ones. RTS education promotes and encourages

- A standard of care at every point of entry (e.g., ED, OR, L&D, ICU, hospice);
- Standardized care guidelines and policies across the organization or system;
- Continual family support through print and online materials, bereavement rooms, follow-up, and commemorative events;
- Respectful disposition for remains of products of conception;
- Bereavement documentation within the electronic health record; and

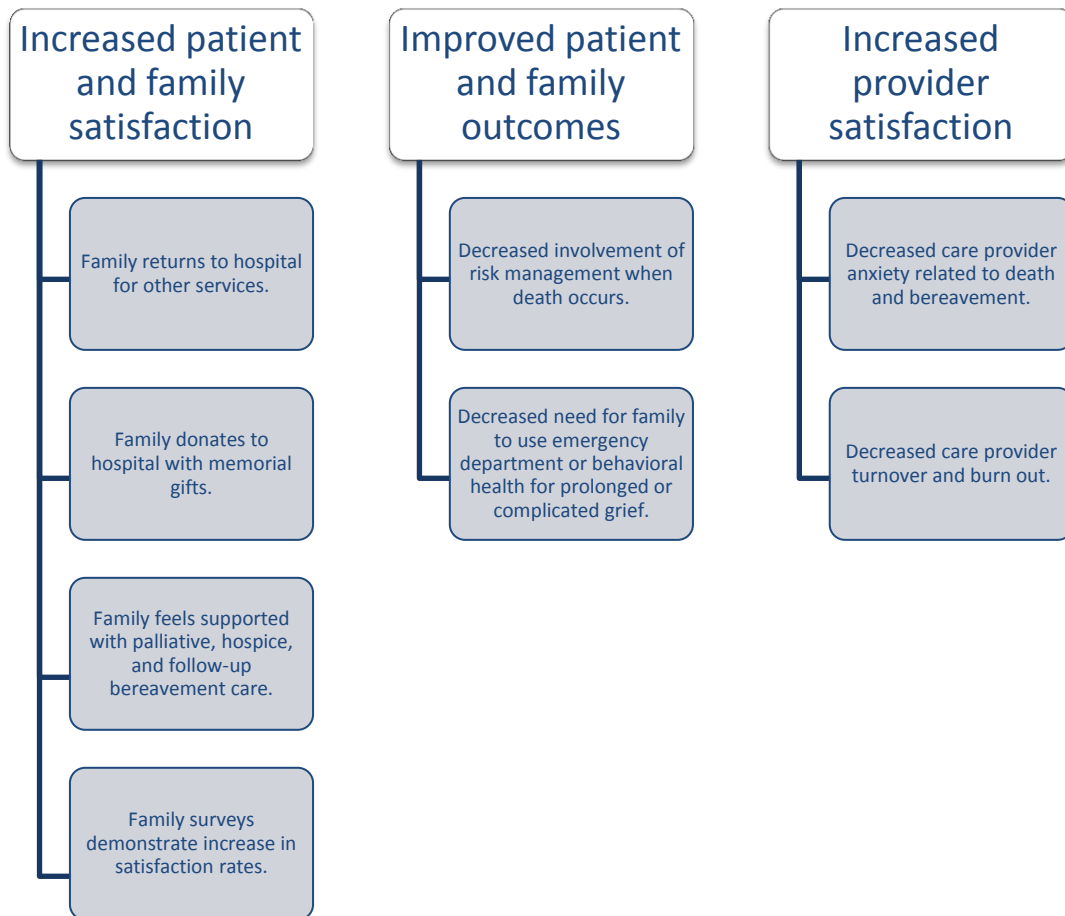
- Organization- or system-wide bereavement committees, and unit representatives to monitor quality, identify sources of funding, and maintain administrative support.

RTS Is Transferable

The relationship-based model and practice apply themselves well to not only traditional bereavement settings across the continuum but also to any substantial life-loss event causing profound grief. Embedded within the RTS bereavement education are a plethora of tools to develop effective communication, build trusting relationships, practice mindfulness and self-care strategies, develop resourceful problem-solving approaches, and make meaning of overwhelming events. These tools are instrumental in navigating many life experiences.

RTS Is Measureable

When families and providers receive quality care, support, and education, it pays off. Once an RTS bereavement program has been established, the following quality improvement measures can be used to evaluate the program's success.



Conclusion

Resolve Through Sharing has the experience and recognition to help you achieve your bereavement care goals. RTS education is time-tested, sustainable, relationship- and evidence-based, transformative, transferable, and measurable. It incorporates classic bereavement care theories and concepts, and will provide your staff with the tools to support loss at any point. RTS education improves provider confidence, helps providers develop new skills, and ultimately creates a better patient experience for those loved ones that are already in a very difficult situation.



I truly enjoyed the RTS training. The knowledge I have now will be invaluable in working with my patients and their families. It's a course I think everyone in the affected fields should be required to take.

Resolve Through Sharing[®]
BEREAVEMENT EDUCATION SINCE 1981

GUNDERSEN
HEALTH SYSTEM[®]

©Copyright 2014-2017, 2018—All Rights Reserved.
Gundersen Lutheran Medical Foundation, Inc.

No part of this material may be reproduced in any form or by any means including photocopying. The leaf and teardrop and Resolve Through Sharing are registered trademarks of Gundersen Lutheran Medical Foundation, Inc.

Printed in the United States of America
RTS 1024-2_InvestingBklt_v12.14_FINAL