

KELLI DUNHAM RN

KEYNOTE PRESENTATION: LAUGHTER AT THE END OF LIFE

If you work on the front lines of hospice, you know that patients and family members often use humor when discussing extremely serious subjects.

And you know, as providers, **we often do do the same.**

In this fun, funny, practical (and CEU-ready) multi-media keynote, comedian and nurse Kelli Dunham presents humor as a powerful—and often misunderstood—tool to help us through difficult times. Drawing on Kelli's more than twenty years as a community health nurse, her lived experience as the primary caregiver of two partners who died of cancer, her work in post-earthquake Haiti, relevant peer-reviewed research, and hundreds of conversations with healthcare providers, we'll consider together:

- What are patients and families trying to communicate with us when they use humor?
- How do we decide in the moment what is the most appropriate and compassionate response?
- Is gallows humor between providers ethical? Helpful? How do we know the difference between constructive and destructive gallows humor?
- What is the value of intentionally using humor in our practice?
- Are there strategies we can use to add humor into our daily work life even if we don't consider ourselves especially funny people? Can we operationalize these strategies without wearing a clown nose?
- And finally, why do patients make so many "what's it going to do, kill me" jokes?

Humor is an essential tool for processing emotions created by end-of-life concerns, de-escalating conflict, and building resilience. Plus, humor is already present in some form in almost all workplaces, relatively simple to employ, and requires no special equipment.

Not even a clown nose.

There is even some evidence that humor—if properly employed by frontline staff— can improve scores on patient surveys! And humor is free!

Yes, it's true that the presentation itself is not free. But it's an excellent investment in a flexible, scalable and fun tool



KELLI DUNHAM is a bachelor's prepared community health nurse, comedian and author of seven hilarious award-winning nonfiction books about very not humorous subjects.

Kelli has appeared on Showtime and the Discovery Channel, the Moth Mainstage and has designed health and wellness-related workshops and presentations using trauma-informed principles since 2009.

**QUESTIONS? READY TO BOOK? TEXT 215.964.1963 OR
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“ Thank you for sharing your inspiring and beautiful story/presentation with us! We hope to continue to work with you in the future! ”

Minnesota Chapter
HOSPICE & PALLIATIVE
NURSES ASSOCIATION