

Einfach gut aufgehoben fühlen!

Städtisches Krankenhaus Nettetal GmbH

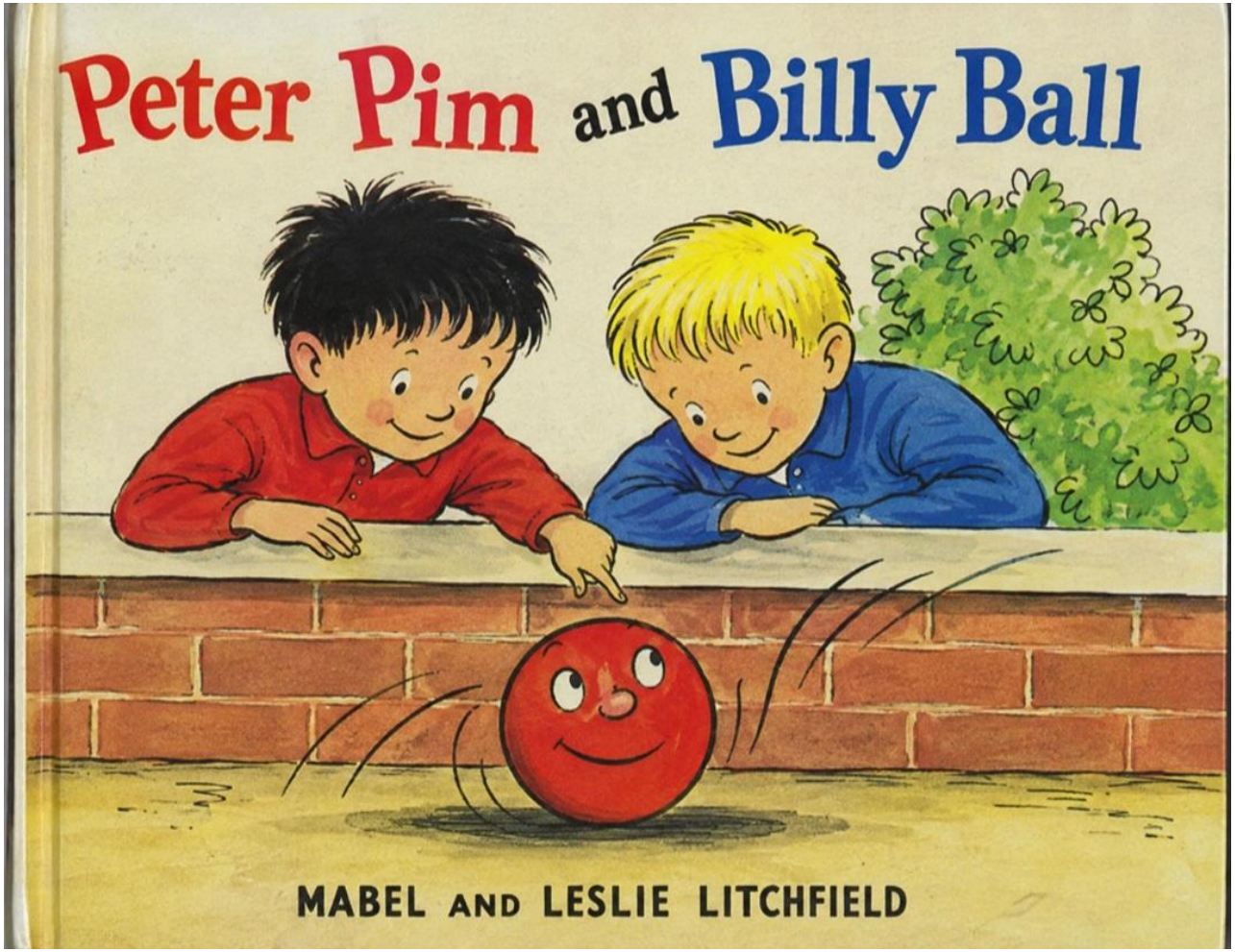
Implementation of „ Last Aid“ at Nettetal Municipal Hospital

Developement of an educational project for end-of-life care

Speaker: Gertrud Bollessen
Städtisches Krankenhaus Nettetal, Germany

Please excuse my English.

➔ I will do my best today



I am Gertrud Bollessen…



- ➔48 years as a full-time *nurse*
- ➔*40 years nurse intensive care unit*
- ➔35 years as an *intensive care unit nurse manager in hospital Nettetal*
- ➔15 years head of the *clinical ethic committee*
- ➔20 years on the *palliative care team*
- ➔Retired since October 2025

…and I'm passionate about LAST AID!

Qualifications

➔ Registered Nurse (3 years professional training)

➔ Specialist nurse in:

- Anesthesia and Intensive Care
- Palliative Care
- Stroke Unit / Stroke Care
- Natural and Holistic Nursing



➔ Systemic Counsellor and Grief Counsellor

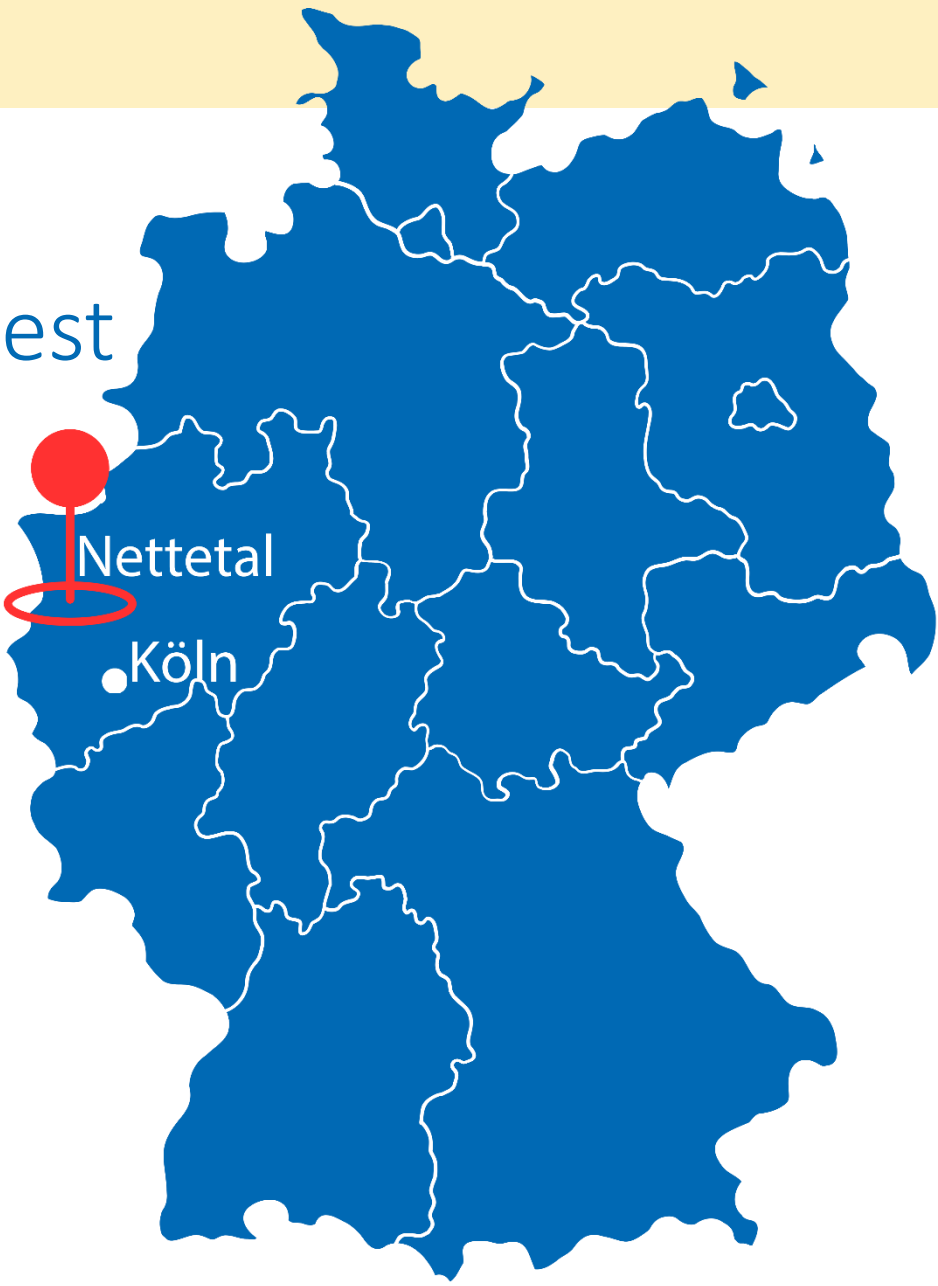
➔ Acupressure and Ethical Case Discussions

➔ Last Aid Course Leader:

Adults / Kids & Teens / Easy Language
Diversity & Professional

Nettetal

- Town in the middle west of Germany
- 43.000 residents
- 84 km^2 > rural



Nettetal Municipal Hospital

Städtisches Krankenhaus Nettetal GmbH

Primary and General Care Hospital

176



650







7 nursing wards
+ palliative care unit
+ intensive care unit

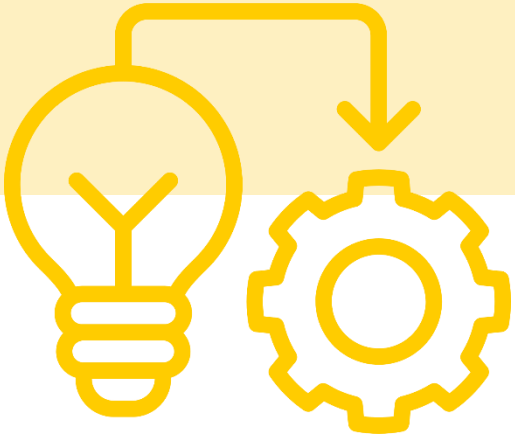
The spark that started it all



- ➔ Inspired by a media report and public discussions (2019, TV Quarks)
- ➔ Presentation to the executive board, nursing and medical stuff, ward managers, supervisory board, mayor of the city
- ➔ Positive feedback > Concept of Last Aid is in line with the hospital‘s hospice and palliative care philosophy



The implementation



2020 > Training of several nurses as course-instructors Last AID

2021 > Start of the first courses for the public

- ✓ 1 course/quarter
- ✓40 courses to date

since 2021 > One-day seminars for employees

since 2023 > Last Aid „Professional“

since 2025 > Last Aid „Diversity“

LAST AID as employer benefit





Employer benefits in our hospital:

- Free training in our healthcenter
- Job bike
- Numerous offers for maintaining physical and mental health / compatibility of career and family etc.

AND…



LAST AID Course <u>as paid working time</u> for all employees!

Impressions













- Last Aid „**Kids&Teens**“ for work experience students
- Last Aid „**accessible**“ for employees in easy language
- Pilot project „**LAUT**“ (Last Aid at work)

Public relations

- Website, social media
- Press releases, interviews
- Official county-wide „Grief Guide“
- Open day at the hospital, Palliative Care-day at town hall
- Posters, flyer
- Newsletter for employees, intranet
- Newsletter for local doctors





Conclusion

➔ Last Aid became an integral part of palliative awareness and education
…in our hospital
…in the region of Nettetal

➔ Hospitals can play an important role in establishing Last Aid in a region

➔ Anyone can promote LAST AID!

Please, „be brave“!



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Städtisches Krankenhaus Nettetal GmbH

Thank you for your attention!

Städtisches Krankenhaus Nettetal GmbH
www.krankenhaus-nettetal.de

Contact Last Aid:
Gertrud Bollessen
teamletztehilfe@krankenhaus-nettetal.de