

**Cassandra “Cassie” Whitmore, RD, LMNT**  
Hospice and End-of-Life Nutrition in Long Term Care

Cassandra "Cassie" Whitmore, RD, LMNT has been a practicing dietitian for more than 10 years. She received her bachelor's degrees in Public Health Nutrition and Dietetics from Kansas State University. After starting her career working in acute care and inpatient eating disorders in Kansas City, she moved on to management in a critical access hospital. However, most of her career has been spent working in Long Term Care at various facilities throughout the state of Nebraska with notable experience in Hospice and Mental Healthcare. She is currently self-employed as a Consultant Dietitian and speaker. She lives in Lincoln, Nebraska with her husband, son, and 2 dogs.

**Description of Presentation:**

When it's time to consider hospice, many people are concerned that it means "giving up on their person." It has also often been wrongly assumed that nutrition care stops when hospice begins. We will discuss how Residents on hospice, and others at the end of life, can benefit from nutrition interventions as well as when those benefits are likely to stop by focusing on the stages of the dying process. The goal of this session is to help you learn how best to advocate for your Residents at the end of life from a nutrition standpoint.

**Learning Objectives:**

1. Compare and contrast hospice/end-of-life nutrition with long term care nutrition.
2. Discuss the differing nutrition needs of Patients/Residents depending on their stage in the dying process
3. Address ethical concerns with hospice/end-of-life nutrition