

Module Outlines for ELNEC-For- Undergraduates

Module 1 Outline: Introduction to Palliative Care Nursing

Section 1: Introduction

- A. About This Course
- B. Learning Objectives

Section 2: An Overview of Palliative Care

- A. The Facts about Serious Illness
- B. COPD Testimonial
- C. What is Palliative Care?
- D. Palliative Care Testimonial
- E. Philosophy and Delivery
- F. The Palliative Care Team
- G. Palliative Care Team Testimonial
- H. Palliative Care and the Nurse
- I. A New Graduate Testimonial
- J. The Nurse's Role
- K. Quality-of-Life Model
- L. Case Study
- M. Quality of Life Testimonial
- N. What Are Your Thoughts?
- O. Continuum of Care
- P. Pediatric Palliative Care Testimonial
- Q. Practice
- R. What is Hospice?
- S. Disease and Dying Trajectories
- T. The Hospice Team
- U. Remember Mrs. C
- V. Differences between Hospice & Palliative Care
- W. Practice
- X. Improving Palliative Care
- Y. Serious Illness in Pediatrics Testimonial
- Z. Palliative Nursing Practices
- AA. Eight Domains of Palliative Care

Section 3: Conclusion

- A. Summary
- B. Course Contributor
- C. References
- D. Congratulations

Module 2 Outline: Communication in Palliative Care

Section 1: Introduction

- A. About This Course
- B. Learning Objectives

Section 2: Communication Techniques

- A. The Nurse's Role
- B. Verbal and Non-Verbal Communication
- C. Barriers to Communication
- D. Cultural Considerations
- E. Communication with Patients and Families
- F. Encouraging Conversation
- G. Attentive Listening
- H. Mindful Presence
- I. Listening and Presence in Action
- J. Reflections
- K. Practice #1
- L. Giving "The Words"
- M. Interviewing Patients
- N. Ask-Tell-Ask
- O. Ask-Tell-Ask in Action
- P. Reflections
- Q. Practice #2
- R. Basic Techniques
- S. I'm Sorry vs. I Wish
- T. There Is Always Hope
- U. Practice #3
- V. Facilitating End-of-Life Decisions
- W. Am I Dying?
- X. Reflections
- Y. Communicating an Unexpected Death
- Z. Pediatric Sudden Death
- AA. Reflections
- BB. Communicating with the Team
- CC. Patient and Family Expectations
- DD. Team Communication
- EE. Handling Conflict

Section 3: Conclusion

- A. Summary

- B. Course Contributor
- C. Resources
- D. References
- E. Congratulations

Module 3 Outline: Pain Management in Palliative Care

Section 1: Introduction

- A. About This Course
- B. Learning Objectives

Section 2: Pain Assessment

- A.. Pain Is Multidimensional
- B. Biopsychosocial Model
- C. Barriers to Pain Relief
- D. Pain Assessment: Biological/Physical Domain
- E. WHO Ladder
- F. Pain Assessment: Psychosocial Domain
- G. Pain Assessment: Spiritual Domain
- H. Physical Examination
- I. Reassess
- J. Communicating Pain
- K. Practice
- L. Summary

Section 3: Pain Management

- A. It Takes a Team
- B. Acetaminophen
- C. NSAIDs
- D. Pain Question
- E. Commonly Used Opioids
- F. Respiratory Depression
- G. Constipation
- H. Other Adverse Effects
- I. Important Definitions
- J. Pain Question
- K. Adjuvant Therapy
- L. Routes of Administration
- M. Opioid Formulations
- N. Non-Pharmacologic Strategies
- O. When the Pain Plan is not Working
- P. Under Treatment in Children and Older Adults
- Q. Others at Risk
- R. Pediatric Pain

- S. Geriatric Pain Management
- T. Your Critical Role as the Nurse
- U. Summary

Section 4: Conclusion

- A. Summary
- B. Course Contributor

- C. Resources
- D. References
- E. Congratulations

Module 4 Outline: Symptom Management in Palliative Care

Section 1: Introduction

- A. About This Course
- B. Learning Objectives

Section 2: Introduction to Symptom Management

- A. Essential Elements
- B. Biopsychosocial/Spiritual Model
- C. Older Adults
- D. Symptom Management in Older Adults
- E. Summary

Section 3: Physical Symptoms

- A. Biological/Physical Domain
- B. Fatigue
- C. Management of Fatigue
- D. Dyspnea
- E. Subjective Report
- F. Clinical Report
- G. Pharmacologic Treatment of Dyspnea
- H. Non-Pharmacologic Treatment of Dyspnea
- I. Critical-Thinking
- J. Anorexia and Cachexia
- K. Causes of Anorexia and Cachexia
- L. Assessment of Anorexia and Cachexia
- M. Treatment of Anorexia and Cachexia
- N. Constipation
- O. Assessment of Constipation
- P. Treatment of Constipation
- Q. Additional Approaches

- R. Meet Mrs. Potts
- S. Summary

Section 4: Psychosocial/Spiritual Symptoms

- A. Psychological Issues
- B. Depression
- C. Causes of Depression
- D. Assessment of Depression
- E. Depression Assessment
- F. Interventions for Depression
- G. Pediatric Symptom Management
- H. Key Points
- I. Anxiety
- J. Assessment of Anxiety
- K. Interventions for Anxiety
- L. Key Points
- M. Critical-Thinking Question
- N. Spiritual Distress
- O. Spiritual Care Assessment
- P. Key Points
- Q. Summary

Section 5: Conclusion

- A. Summary
- B. Course Contributor
- C. Resources
- D. References
- E. Congratulations

Module 5 Outline: Loss, Grief and Bereavement

Section 1: Introduction

- A. About This Course
- B. Learning Objectives

Section 2: Loss, Grief, and Bereavement

- A. Definitions
- B. Loss, Grief, and Bereavement
- C. Nurse's Role
- D. A Grief and Bereavement Program
- E. Types of Grief
- F. Complicated Grief

- G. Grief Assessment
- H. Critical-Thinking Question
- I. The Grief Process
- J. Factors Affecting Grief
- K. What Do Caregivers Want?
- L. Grief Assessment of Family Members
- M. Listen to Their Story
- N. Everyone Has a Story
- O. Key Points
- P. Grief Interventions
- Q. Words That Are Helpful
- R. Words That Are Not Helpful
- S. Children's Grief
- T. Bereavement Interventions
- U. Addressing Bereavement
- V. Key Points
- W. Grief Support
- X. Completion of the Grieving Process
- Y. Prevention of Compassion Fatigue
- Z. Cumulative Loss
- AA. Signs & Symptoms of Burnout
- BB. Factors Influencing Adaptation
- CC. Systems of Support
- DD. Self-Care
- EE. Key Points
- FF. Critical-Thinking Question

Section 5: Conclusion

- A. Summary
- B. Course Contributor
- C. References
- D. Congratulations

Module 6 Outline: Final Hours of Life

Section 1: Introduction

- A. About This Course
- B. Learning Objectives

Section 2: Preparing for a Good Death

- A. A Good Death
- B. Reflection

- C. The Nurse, Dying, and Death
- D. Individualized, Personal Experience
- E. Importance of Being Honest
- F. Open, Honest Communication
- G. Preparing for Death
- H. Common Ethical Issues
- I. Critical-Thinking Question
- J. Summary

Section 3: Caring for the Imminently Dying Patient

- A. Two Roads to Death
- B. Biophysical/Psychosocial/Spiritual Model
- C. Most Common Symptoms
- D. Delirium
- E. Pain During the Final Hours
- F. Terminal Secretions
- G. Symptoms of Imminent Death
- H. Psychological Concerns
- I. Spiritual Concerns
- J. Cultural Considerations
- K. Cultural and Spiritual Considerations
- L. Nursing Interventions: Support
- M. Critical-Thinking Question
- N. The Death Vigil
- O. The Dying Child
- P. Key Points
- Q. The Dying Older Adult
- R. Care Following Death
- S. Critical-Thinking Question
- T. Bereavement Support
- U. Summary

Section 4: Conclusion

- A. Summary
- B. Course Contributor
- C. References
- D. Congratulations