Objectives for ELNEC Undergraduate/New Graduate

Following successful completion of each module, the learner will be able to:

**Module 1: Introduction to Palliative Nursing**

1. Define the philosophy and principles of palliative care and hospice.
2. Describe the role of the nurse, as a member of the inter-professional team, in providing quality palliative care for patients with serious illness and their families.
3. Identify common symptoms and concerns associated with serious illness that affect the physiological, psychological, social, and spiritual domains of quality of life.

**Module 2: Communication in Palliative Care**

* Discuss the role of the nurse in communication with the patient, family, and interdisciplinary team across the serious illness trajectory and at end of life.
* Describe active listening and mindful presence as essential skills for providing empathic care of patients with serious illness and their families.
* Identify three communication techniques that the nurse can use to help patients and families discuss difficult topics in palliative care and at end of life.

**Module 3: Pain Management in Palliative Care**

1. Explain the biopsychosocial and spiritual nature of pain.
2. Describe the essential components of a comprehensive pain assessment.
3. Describe pharmacological and non-pharmacological interventions used to relieve pain.
4. Discuss the role of the nurse in pain assessment and management of patients with serious illnesses.

**Module 4: Symptom Management in Palliative Care**

1. Apply the biopsychosocial/spiritual model of pain assessment and management to other symptoms associated with serious illness.
2. Describe the assessment of common symptoms affecting patients with serious illness.
3. Identify pharmacological and non-pharmacological interventions for management of common symptoms.

**Module 5: Loss, Grief and Bereavement**

1. Describe loss, grief, and bereavement as it relates to quality palliative care.
2. Identify the nurse’s role in assessing and supporting grieving patients and families.
3. Develop an awareness of one’s own reaction to loss and expressions of grief.
4. Identify healthy coping strategies you can use to deal with cumulative loss and prevent compassion fatigue and burnout.

**Module 6: Final Hours of Life**

* Discuss the role of the nurse in preparing the patient and family for death.
* Describe management of symptoms common at end of life.
* Identify cultural and spiritual components of quality end-of-life care.
* Describe the nurse’s role in providing care for the body after death and bereavement support for the family.

Descriptions for ELNEC Undergraduate/New Graduate

Module 1: Introduction to Palliative Nursing

Welcome to the *Introduction to Palliative Care Nursing* module for ELNEC Undergraduate/New Graduate- the foundation of this curriculum. This module will provide an overview of palliative care and the important and unique role you play in providing quality care. As a nurse, you likely will witness the major deficiencies in current systems of care for patients and their families facing serious illness, particularly at the end of life. It is therefore vital that, as a student nurse, you learn to collaborate with members of the interdisciplinary team to provide palliative care for these patients and families across the disease trajectories of serious illnesses, from diagnosis through end of life. This work is very important. No other healthcare professional spends more time assessing and managing care than the nurse. Remember that your care does not mean only “doing for” but also “being with.” That is the beauty of this sacred work, as it combines compassionate caring, concise communication, up-to-date/evidence-based knowledge and practice, and impeccable skills. We hope this module will help you see what a privilege it is to do this work!

**~Betty Ferrell, PhD, RN, MA, CHPN, FAAN, FPCN**

Director of Nursing Research & Education

Professor

Principal Investigator of ELNEC

City of Hope

Duarte, CA

Module 2: Communication in Palliative Care

Welcome to the *Communication* module in the ELNEC Undergraduate/New Graduate Student curriculum. Communication is the foundation of all you do in palliative care. It is critical in all healthcare situations, but is of special significance in palliative care and at the end of life. Your vital role is respected and members of the healthcare team depend on your assessments in order to work together with the patient and their families in developing goals of care. Communication with patients who have illnesses that make communication difficult or impossible is always challenging, but you have a unique opportunity to contribute to the compassionate care of your patients. Remember that communication is not always verbal. It also includes listening, being present, and “bearing witness.” Communication is a wonderful skill to have and improves over time, especially if you pay attention to those who do it well.

**~Connie Dahlin, MSN, ANP-BC, ACHPN®, FPCN, FAAN**

Director of Professional Practice

Palliative Care Consultant

Hospice and Palliative Nurses Association

Boston, MA

**Module 3: Pain Management in Palliative Care**

****Welcome to the *Pain Management* Module in the ELNEC Undergraduate/New Graduate Student Curriculum. This module builds on the concepts presented in Module 1, *Introduction to Palliative Care Nursing* and will outline the general strategies related to pain assessment and management. Nurses and the comprehensive assessments they perform are key as they work with patients, family, and the interprofessional team to develop a plan to treat and manage pain. Pain must be understood as a biopsychosocial/spiritual experience and should therefore be treated using a multidimensional approach (e.g. pharmacologic and non-pharmacologic therapies and additional consults with pain and addiction specialists, radiation oncologists, mental health professionals, rehabilitation therapists, complimentary medicine experts, spiritual guides, chaplains, etc.). Your nursing role is very important, as you contribute your expertise in assessing the multiple dimensions of pain, advocating for good pain management, and providing compassionate care to patients, in an effort to prevent suffering.

~ **Judith Paice, PhD, RN, FAAN**

Director of the Cancer Pain Program, Division of Hematology-Oncology

Professor of Medicine

Feinberg School of Medicine

Northwestern University

Chicago, IL

Module 4: Symptom Management in Palliative Care

Welcome to the *Symptom Management* module for ELNEC Undergraduate/New Graduate. This module will provide you with an overview of symptoms common in patients, necessitating palliative care, and will emphasize your important role in managing them. There is a wide variety of physical and psychological symptoms common in palliative care and thus this module is divided by systems (e.g. respiratory, gastrointestinal, psychological, etc.). Those with life-threatening illness will most likely present with multiple symptoms. That is why it is important you be knowledgeable about evidence-based symptom management and optimum treatments. You play a critical role in recognizing, assessing, and managing symptoms. It is vital that you work collaboratively with physicians and other healthcare providers in managing symptoms to enhance quality of life and reduce unnecessary suffering.

~ **Patrick J. Coyne, MSN, ACHPN, ACNS-BC, FAAN, FPCN**

Clinical Nurse Specialist

Assistant Professor

Director for Palliative Care

Medical University of South Carolina

Charleston, SC

Module 5: Loss, Grief and Bereavement

Welcome to the *Loss, Grief, and Bereavement* module for the ELNEC Undergraduate/New Graduate Student Curriculum. By doing this important work, we witness grief in our patients and their family members every day. As healthcare professionals, we experience a tremendous amount of loss, as we think of the many patients we have cared for, whether they were in the clinic having a yearly check-up, in the hospital after having cardiac by-pass surgery, in long-term care after a hip fracture, in their home checking on their blood pressure status, or in the nursing facility for dementia care. These memories and losses can accumulate over time and can cause nurses to experience compassion fatigue and burn-out if not acknowledged. This module will assist you in facilitating excellent bereavement care to family members and friends after the patient has died. And by the way, practice good self-care, so you can continue this sacred work in a healthy manner.

**~ Pam Malloy, MN, RN, FPCN**

Retired Director and Co-Investigator of End-of-Life Nursing Education Consortium (ELNEC)

Module 6: Final Hours of Life

Welcome to the last module in ELNEC Undergraduate/New Graduate Student Curriculum, *Final Hours.* This is a very important module, as it emphasizes the preparation necessary to ensure the best care at this critical event in the trajectory of illness. This module will provide you with education in how to better provide care in the final days, hours, and minutes of a patient’s life. We only get one chance to do this well. It takes preparation, proactive planning, and good communication skills with the entire team. Family members will always remember the final moments of their loved ones’ life. So, it is critical that you do this well. Care at this time demands attention to the physical, psychological, social, and spiritual needs of patients and the special needs of their families. You play a very important role during this critical time, as no one knows the patient or family better than you. So value your contribution to this work and do it exceedingly well.

**~ Judith Paice, PhD, RN, FAAN**

Module Outlines for ELNEC Undergraduate/New Graduate

**Module 1 Outline: Introduction to Palliative Care Nursing**

Section 1: Introduction

1. About This Course
2. Learning Objectives

Section 2: An Overview of Palliative Care

1. The Facts about Serious Illness
2. COPD Testimonial
3. What is Palliative Care?
4. Palliative Care Testimonial
5. Philosophy and Delivery
6. The Palliative Care Team
7. Palliative Care Team Testimonial
8. Palliative Care and the Nurse
9. A New Graduate Testimonial
10. The Nurse’s Role
11. Quality-of-Life Model
12. Case Study
13. Quality of Life Testimonial
14. What Are Your Thoughts?
15. Continuum of Care
16. Pediatric Palliative Care Testimonial
17. Practice
18. What is Hospice?
19. Disease and Dying Trajectories
20. The Hospice Team
21. Remember Mrs. C
22. Differences between Hospice & Palliative Care
23. Practice
24. Improving Palliative Care
25. Serious Illness in Pediatrics Testimonial
26. Palliative Nursing Practices
27. Eight Domains of Palliative Care

Section 3: Conclusion

1. Summary
2. Course Contributor
3. References
4. Congratulations

**Module 2 Outline: Communication in Palliative Care**

Section 1: Introduction

1. About This Course
2. Learning Objectives

Section 2: Communication Techniques

1. The Nurse’s Role
2. Verbal and Non-Verbal Communication
3. Barriers to Communication
4. Cultural Considerations
5. Communication with Patients and Families
6. Encouraging Conversation
7. Attentive Listening
8. Mindful Presence
9. Listening and Presence in Action
10. Reflections
11. Practice #1
12. Giving "The Words"
13. Interviewing Patients
14. Ask-Tell-Ask
15. Ask-Tell-Ask in Action
16. Reflections
17. Practice #2
18. Basic Techniques
19. I’m Sorry vs. I Wish
20. There Is Always Hope
21. Practice #3
22. Facilitating End-of-Life Decisions
23. Am I Dying?
24. Reflections
25. Communicating an Unexpected Death
26. Pediatric Sudden Death
27. Reflections
28. Communicating with the Team
29. Patient and Family Expectations
30. Team Communication
31. Handling Conflict

Section 3: Conclusion

1. Summary
2. Course Contributor
3. Resources
4. References
5. Congratulations

**Module 3 Outline: Pain Management in Palliative Care**

Section 1: Introduction

1. About This Course
2. Learning Objectives

Section 2: Pain Assessment

A.. Pain Is Multidimensional

B. Biopsychosocial Model

1. Barriers to Pain Relief
2. Pain Assessment: Biological/Physical Domain
3. WHO Ladder
4. Pain Assessment: Psychosocial Domain
5. Pain Assessment: Spiritual Domain
6. Physical Examination
7. Reassess
8. Communicating Pain
9. Practice
10. Summary

Section 3: Pain Management

1. It Takes a Team
2. Acetaminophen
3. NSAIDs
4. Pain Question
5. Commonly Used Opioids
6. Respiratory Depression
7. Constipation
8. Other Adverse Effects
9. Important Definitions
10. Pain Question
11. Adjuvant Therapy
12. Routes of Administration
13. Opioid Formulations
14. Non-Pharmacologic Strategies
15. When the Pain Plan is not Working
16. Under Treatment in Children and Older Adults
17. Others at Risk
18. Pediatric Pain
19. Geriatric Pain Management
20. Your Critical Role as the Nurse
21. Summary

Section 4: Conclusion

1. Summary
2. Course Contributor
3. Resources
4. References
5. Congratulations

**Module 4 Outline: Symptom Management in Palliative Care**

Section 1: Introduction

1. About This Course
2. Learning Objectives

Section 2: Introduction to Symptom Management

1. Essential Elements
2. Biopsychosocial/Spiritual Model
3. Older Adults
4. Symptom Management in Older Adults
5. Summary

Section 3: Physical Symptoms

1. Biological/Physical Domain
2. Fatigue
3. Management of Fatigue
4. Dyspnea
5. Subjective Report
6. Clinical Report
7. Pharmacologic Treatment of Dyspnea
8. Non-Pharmacologic Treatment of Dyspnea
9. Critical-Thinking
10. Anorexia and Cachexia
11. Causes of Anorexia and Cachexia
12. Assessment of Anorexia and Cachexia
13. Treatment of Anorexia and Cachexia
14. Constipation
15. Assessment of Constipation
16. Treatment of Constipation
17. Additional Approaches
18. Meet Mrs. Potts
19. Summary

Section 4: Psychosocial/Spiritual Symptoms

1. Psychological Issues
2. Depression
3. Causes of Depression
4. Assessment of Depression
5. Depression Assessment
6. Interventions for Depression
7. Pediatric Symptom Management
8. Key Points
9. Anxiety
10. Assessment of Anxiety
11. Interventions for Anxiety
12. Key Points
13. Critical-Thinking Question
14. Spiritual Distress
15. Spiritual Care Assessment
16. Key Points
17. Summary

Section 5: Conclusion

1. Summary
2. Course Contributor
3. Resources
4. References
5. Congratulations

**Module 5 Outline: Loss, Grief and Bereavement**

Section 1: Introduction

1. About This Course
2. Learning Objectives

Section 2: Loss, Grief, and Bereavement

1. Definitions
2. Loss, Grief, and Bereavement
3. Nurse’s Role
4. A Grief and Bereavement Program
5. Types of Grief
6. Complicated Grief
7. Grief Assessment
8. Critical-Thinking Question
9. The Grief Process
10. Factors Affecting Grief
11. What Do Caregivers Want?
12. Grief Assessment of Family Members
13. Listen to Their Story
14. Everyone Has a Story
15. Key Points
16. Grief Interventions
17. Words That Are Helpful
18. Words That Are Not Helpful
19. Children’s Grief
20. Bereavement Interventions
21. Addressing Bereavement
22. Key Points
23. Grief Support
24. Completion of the Grieving Process
25. Prevention of Compassion Fatigue
26. Cumulative Loss
27. Signs & Symptoms of Burnout
28. Factors Influencing Adaptation
29. Systems of Support
30. Self-Care
31. Key Points
32. Critical-Thinking Question

Section 5: Conclusion

1. Summary
2. Course Contributor
3. References
4. Congratulations

**Module 6 Outline: Final Hours of Life**

Section 1: Introduction

1. About This Course
2. Learning Objectives

Section 2: Preparing for a Good Death

1. A Good Death
2. Reflection
3. The Nurse, Dying, and Death
4. Individualized, Personal Experience
5. Importance of Being Honest
6. Open, Honest Communication
7. Preparing for Death
8. Common Ethical Issues
9. Critical-Thinking Question
10. Summary

Section 3: Caring for the Imminently Dying Patient

1. Two Roads to Death
2. Biophysical/Psychosocial/Spiritual Model
3. Most Common Symptoms
4. Delirium
5. Pain During the Final Hours
6. Terminal Secretions
7. Symptoms of Imminent Death
8. Psychological Concerns
9. Spiritual Concerns
10. Cultural Considerations
11. Cultural and Spiritual Considerations
12. Nursing Interventions: Support
13. Critical-Thinking Question
14. The Death Vigil
15. The Dying Child
16. Key Points
17. The Dying Older Adult
18. Care Following Death
19. Critical-Thinking Question
20. Bereavement Support
21. Summary

Section 4: Conclusion

1. Summary
2. Course Contributor
3. References
4. Congratulations