



ELNEC Graduate Student Module Introduction: ELNEC Graduate Student Curriculum

This curriculum is designed to help you, as a future nursing leader, become more knowledgeable about the importance of quality palliative care for all patients with serious illness and their families. Palliative care is intended for all populations of patients, across the life-span and in all clinical settings, including the community and tele-health. Regardless of where you will practice after graduation, palliative care education is an essential component of your graduate nursing education. If you are becoming an advanced practice registered nurse (APRN), you will have the responsibility of providing primary palliative care to your patient population, and we want you to be prepared to do this well. If you will be working in an indirect care role (i.e. administration, education, or public health), we want to prepare you to advance palliative care access and improve care for all with serious illness.

ELNEC Graduate Student Module 2: Communication in Palliative Care

Welcome to the Communication module in the ELNEC-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 family in developing goals of care. Communication with patients who have illnesses is always challenging and unpredictable, 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.

ELNEC Graduate Student Module 3: Pain Management in Palliative Care

Welcome to the Pain Management Module in the ELNEC 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, with attention to the role of nurses with graduate preparation. Advanced practice 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.). Special attention will be devoted to issues related to prescribing and risk mitigation, particularly important given the current climate of an opioid epidemic and the interface of this public health crisis balanced with the challenge of inadequately relieved pain. Your advanced practice nursing role is very important, as you contribute your expertise in assessing the multiple dimensions of pain, advocating for good pain management, safely prescribing an effective analgesic regimen, while always providing compassionate care to patients, in an effort to prevent suffering.

ELNEC Graduate Student Module 4: Symptom Management in Palliative Care

Welcome to the Symptom Management module in the ELNEC Advanced Practice Curriculum. This module will provide you with an overview of symptoms common in patients with serious illness and will emphasize your important role in assessing and managing these symptoms based on patients' goals of care and overall prognosis. There is a wide variety of physical and psychological symptoms common in palliative care, making it impossible to cover them all. This module will highlight symptoms from the physical, psychological and spiritual domains. Keep in mind that patients with serious illness will most likely present with multiple symptoms. You play a critical role in utilizing providing evidence-based assessment tools and implementing an evidence-based treatment plan. It is vital that you work collaboratively with other inter professional healthcare providers in managing symptoms to enhance quality of life and reduce unnecessary suffering.

ELNEC Graduate Student Module 5: Final Hours of Life

Welcome to the last module in ELNEC-Undergraduate 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.

ELNEC Graduate Student Module 6: APN Leadership in Serious Illness

Welcome to the sixth module in ELNEC-Graduate Student Curriculum: Leadership in Serious Illness. Nurses make up the largest segment of the healthcare workforce and there is no other healthcare professional that spends more time with patients at the bedside or out in the community than the nurse. What an awesome responsibility advanced practice nurses (APNs) have in directing and motivating 3.9 million nurses, leading, preparing, and working with them to meet the complex challenges, ensuring that accessible, high-quality, equal care is available to the nation's most vulnerable—infants, children, and adults with serious illness/injury. The Institute of Medicine's (IOM) 2010 report, *The Future of Nursing: Leading Change, Advancing Health* is a key blueprint to ensure that nurses remain committed to lead in the provision of care, to practice to the full extent of their education, to achieve higher levels of education, to partner with other health care professionals, and to provide dedicated time to workforce planning and policy making (IOM, 2010).