

Objectives for ELNEC Undergraduate/New Graduate

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

Module 1: Introduction to Palliative Nursing

- Define the philosophy and principles of palliative care and hospice.
- 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.
- 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

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

Module 4: Symptom Management in Palliative Care

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

Module 5: Loss, Grief and Bereavement

- Describe loss, grief, and bereavement as it relates to quality palliative care.

- Identify the nurse's role in assessing and supporting grieving patients and families.
- Develop an awareness of one's own reaction to loss and expressions of grief.
- 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

- 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