

Objectives for ELNEC Undergraduate/New Graduate

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

Module 1: Introduction to Palliative Care Nursing

- Define and differentiate the philosophy and principles of palliative care and hospice.
- Identify populations of patients appropriate for palliative and hospice care.
- Describe the role of the nurse, as a member of the interprofessional team, in providing quality palliative care for patients with serious illness(es) and their families (chosen and of origin).

Module 2: Communication in Palliative Care

- Discuss the role of the nurse in effective communication with the patient, family, and interprofessional team across the serious illness trajectory and at end of life.
- Describe the use of attentive listening and mindful presence as part of communication with patients with serious illness(es) and their families.
- Identify three communication techniques that you can use to discuss topics in palliative care and at the end of life.

Module 3: Pain Management in Palliative Care

- Describe the domains of pain and how these relate to a holistic assessment, with special consideration of barriers to equitable and quality care.
- Describe pharmacological and nonpharmacological interventions to optimize comfort.
- Identify the nurse's role in addressing the undertreatment of pain.

Module 4: Symptom Management in Palliative Care

- Identify common symptoms and their etiologies associated with serious illness(es) across the lifespan.
- Describe the assessment of common symptoms affecting patients with serious illness(es).
- Apply principles of holistic care in the management of common symptoms associated with serious illness(es).

Module 5: Loss, Grief, and Bereavement

- Describe loss, grief, and bereavement as it relates to quality palliative and end-of-life care.
- Recognize the nurse's role in assessing and supporting grieving patients and families.
- Identify strategies that nurses and healthcare systems can utilize to recognize and respond to personal and professional loss, grief, and bereavement.

Module 6: Final Hours of Life

- Discuss key concepts that are part of end-of-life care as nurses guide patients and families in preparing for death.
- Describe nursing care related to the holistic needs of patients and families in the final hours of life.
- Describe the provision of care for the body after death.

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

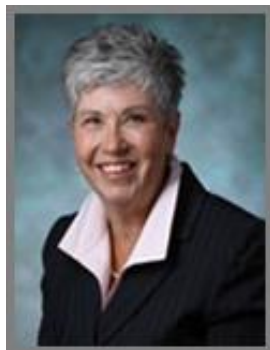


Welcome to the *Symptom Management* module for ELNEC Undergraduate/New Graduate. This module will provide you with an overview of symptoms common in patients, necessitating palliative care, and will emphasize your important role in managing them. There is a wide variety of physical and psychological 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: Introduction to Palliative Care Nursing (1 hour)

Section 1: Introduction

Section 2: Overview of Palliative Care

- A. The Facts About Serious Illness
- B. More About Serious Illness
- C. National Health Expenditure
- D. What Is Palliative Care?
- E. Palliative Care Testimonial
- F. Philosophy and Delivery
- G. Current Status of Palliative Care Programs
- H. Palliative Care Team Testimonial
- I. Palliative Care and the Nurse
- J. The Nurse's Role
- K. Quality-of-Life Model
- L. Case Study
- M. Continuum of Care
- N. Pediatric Palliative Care Testimonial
- O. Practice
- P. What Is Hospice?
- Q. Hospice Eligibility Criteria
- R. The Hospice Team
- S. Considering Hospice Candidacy
- T. Differences Between Hospice and Palliative Care
- U. Disease and Dying Trajectories
- V. Barriers and Inequities in Hospice and Palliative Care Services
- W. Improving Palliative Care
- X. Palliative Nursing Practice
- Y. Review

Section 3: Conclusion

- A. Module Summary

Module 2: Communication in Palliative Care (1.25 hours)

Section 1: Introduction

Section 2: Communication Considerations and Context

- A. The Nurse's Role
- B. Barriers to Communication
- C. Culture and Identity Considerations in Communication
- D. Culturally Sensitive Communication
- E. Communication with Family
- F. Starting a Conversation with Family Caregivers
- G. Advance Care Planning Conversations
- H. Out-of-Hospital Do Not Resuscitate Order

- I. Review
- J. Summary
- Section 3: Communication Techniques
 - A. Therapeutic Communication
 - B. Empathy
 - C. Nonverbal Communication
 - D. Listening
 - E. Verbal Communication
 - F. Attentive and Mindful Listening
 - G. Therapeutic Presence
 - H. Listening and Presence in Action
 - I. Reflections
 - J. Practice #1
 - K. Giving "The Words"
 - L. Interviewing Patients
 - M. Ask-Tell-Ask
 - N. Ask-Tell-Ask in Action
 - O. Reflections
 - P. Practice #2
 - Q. Communication Techniques
 - R. I'm Sorry vs. I Wish
 - S. There Is Always Hope
 - T. Facilitating End-of-Life Discussions
 - U. Am I Dying?
 - V. Reflections
 - W. A Difficult Discussion
 - X. Key Points
 - Y. Communicating an Unexpected Death
 - Z. Pediatric Sudden Death
 - AA. Reflections
 - BB. Communicating with the Team
 - CC. Handling Conflict
 - DD. Review
 - EE. Summary
- Section 4: Conclusion
 - A. Module Summary

Module 3: Pain Management in Palliative Care (2 hours)

Section 1: Introduction

Section 2: Introduction to Pain Care

- A. What Is Pain?
- B. Pain Is Multidimensional
- C. Biopsychosocial/Spiritual Model

Section 3: Holistic Pain Assessment

- A. Sources of Pain
- B. Types of Pain
- C. Pain Assessment: Biological/Physical Domain
- D. A Helpful Mnemonic

- E. Pain Assessment: Psychosocial and Affective Domain
- F. Pain Assessment: Spiritual Domain
- G. Pain Assessment Interview
- H. Key Points from the Interview
- I. Practice
- J. Physical Examination
- K. Reassess Pain
- L. Communicating Pain Assessment
- M. Key Points on Communication
- N. Review
- O. Summary

Section 4: Pain Management

- A. It Takes a Team
- B. Acetaminophen
- C. NSAIDs
- D. Pain Question
- E. Commonly Used Opioids
- F. Adverse Effects of Opioid Administration
- G. Adjuvant Therapy
- H. Routes of Administration
- I. Opioid Formulations
- J. Breakthrough Pain (BTP)
- K. What Is Equianalgesia?
- L. Consequence of Undertreatment
- M. Nonpharmacologic Strategies
- N. Summary

Section 5: Challenges in Pain Management

- A. Barriers to Pain Relief
- B. Review of Barriers to Pain Relief
- C. Undertreatment in Substance Use Disorder
- D. Managing Pain in SUD
- E. Pain Question
- F. Undertreatment in Children
- G. Pediatric Pain
- H. Undertreatment in Older Adults
- I. Others at Risk
- J. Your Critical Role as the Nurse
- K. Review
- L. Summary

Section 6: Conclusion

- A. Module Summary

Module 4: Symptom Management in Palliative Care (2 hours)

Section 1: Introduction

Section 2: Introduction to Symptom Management

- A. Essential Elements
- B. Symptoms and Suffering
- C. Comprehensive Assessment in Palliative Care

- D. Children
- E. Older Adults
- F. Symptom Management in Older Adults
- G. Summary

Section 3: Physical Symptoms

- A. Common Symptoms
- B. Dyspnea
- C. Assessment of Dyspnea
- D. Management of Dyspnea
- E. Critical Thinking
- F. Fatigue
- G. Assessment of Fatigue
- H. Management of Fatigue
- I. Anorexia and Cachexia
- J. Causes of Anorexia and Cachexia
- K. Assessment of Anorexia and Cachexia
- L. Management of Anorexia and Cachexia
- M. Nausea and Vomiting
- N. Assessment of Nausea and Vomiting
- O. Management of Nausea and Vomiting
- P. Nausea and Vomiting Case Study
- Q. Constipation
- R. Assessment of Constipation
- S. Management of Constipation
- T. Review: Meet Mrs. Pittman
- U. Diarrhea
- V. Assessment of Diarrhea
- W. Management of Diarrhea
- X. Insomnia or Sleep Disturbances
- Y. Assessment of Insomnia or Sleep Disturbances
- Z. Management of Insomnia or Sleep Disturbances
- AA. Summary

Section 4: Psychosocial and Spiritual Issues

- A. Psychological Issues
- B. Depression
- C. Assessment of Depression
- D. Suicide Assessment
- E. Management of Depression
- F. Anxiety
- G. Causes of Anxiety
- H. Assessment of Anxiety
- I. Management of Anxiety
- J. Critical Thinking Question
- K. Cognitive Changes
- L. Causes of Cognitive Changes
- M. Assessment of Cognitive Changes
- N. Management of Cognitive Changes
- O. Spiritual Distress

- P. Spiritual Crisis
 - Q. Key Points
 - R. Review: Symptom Management Case Study
 - S. Summary
- Section 5: Conclusion
- A. Course Summary

Module 5: Loss, Grief, and Bereavement (1.5 hours)

Section 1: Introduction

Section 2: Overview of Loss, Grief, and Bereavement

- A. Important Terminology
- B. Types of Grief
- C. Understanding Check
- D. The Grief Process
- E. Everyone Has a Story
- F. Key Points
- G. Summary

Section 3: The Nurse's Role in Loss, Grief, and Bereavement

- A. The Nurse's Role
- B. Grief Assessment
- C. Review
- D. Listen to Their Story
- E. Grief Interventions
- F. CARE: A Framework for Communicating Condolence
- G. Words That Are Helpful
- H. Words That Are Not Helpful
- I. Children's Grief
- J. Caring for a Bereaved Family After a Child's Death
- K. Grief Interventions for Children and their Families
- L. Memory Making
- M. Key Points
- N. Summary

Section 4: The Effects on the Nurse

- A. Healthcare Professionals Grieve Too
- B. Challenges of Nonbeneficial Care
- C. Impacts on Healthcare Professionals
- D. Moral Agency
- E. Seeking Help
- F. Strategies to Prevent Compassion Fatigue and Burnout
- G. Wellness and Self-Care
- H. Moral Resilience
- I. Importance of Self-Care
- J. Healthcare System Responsibilities
- K. Systems of Support
- L. Case Study
- M. Review
- N. Summary

Section 5: Conclusion

- A. Module Summary

Module 6: Final Hours of Life (1.5 hours)

Section 1: Introduction

Section 2: Preparing for Death

- A. A “Good” or Meaningful Death
- B. Witnessing A Good Death
- C. Nurses’ Experiences with Patients’ Deaths
- D. Reflection
- E. The Nurse, Dying, and Death
- F. Being With and Bearing Witness
- G. “Am I Dying?”
- H. Effective Communication
- I. Reflection
- J. Responding to Patient and Family Questions about Death
- K. Reflection
- L. Individualized, Personal Experience
- M. Preparing for Death
- N. When the Patient Cannot Tell Us
- O. Review
- P. Summary

Section 3: Ethical and Legal Considerations

- A. Ethical and Legal Considerations at End of Life
- B. Impact of COVID-19 on End-of-Life Care
- C. Life-Sustaining Measures
- D. Resuscitation
- E. Extracorporeal Cardiopulmonary Resuscitation
- F. Ethical Issues with Resuscitation and LSM
- G. Key Considerations with Withdrawing LSM
- H. Medically Administered Nutrition and Hydration
- I. Thirst and Appetite at End of Life
- J. Analgesic Use and Controlled Sedation
- K. Hastened Death Request
- L. Review
- M. Summary

Section 4: Frequent Symptoms Associated with Imminent Death

- A. Dignity-Conserving Care
- B. Two Roads to Death
- C. Signs and Symptoms of Imminent Death
- D. Symptom Management at End of Life
- E. More Symptom Management at End of Life
- F. Psychological Concerns
- G. Spiritual and Cultural Considerations
- H. The Importance of Spiritual Care
- I. Nursing Interventions to Support Families
- J. Consider the Environment
- K. The Dying Child

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- L. Key Points
- M. The Dying Older Adult
- N. Review
- O. Summary

Section 5: Care Following Death

- A. Care Following Death
- B. Care and Respect of the Patient's Body
- C. Care of Self
- D. Review
- E. Summary

Section 6: Conclusion

- A. Module Summary