

# **P: Palliative Care**

Major Competency Area: **P**  
**Palliative Care**

Priority: **One**

Competency: **P-1**  
**Assess Physiological Change**

Date: September 1, 2005

A Licensed Practical Nurse will:

- P-1-1      Demonstrate knowledge of the physiological characteristics and symptoms of end of life due to the cessation of normal body functions.**
- P-1-2      Demonstrate knowledge of best practice for palliative nursing care.**
- P-1-3      Demonstrate knowledge of the dying process.**
- P-1-4      Demonstrate ability to recognize the approach of death and assess and provide nursing care for various alterations in vital functions.**
- P-1-5      Demonstrate knowledge and ability to pronounce death and document:**
  - assess cessation of vital signs
  - follow agency policy and protocol.

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Competency: **P-2**

**Pain Management and  
Symptom Control**

Date: September 1, 2005

A Licensed Practical Nurse will:

**P-2-1 Demonstrate ability to assess objective and subjective signs and symptoms of clients discomfort such as:**

- confusion, agitation, aggression
- dry mouth
- facial expression
- itchiness
- nausea
- restlessness
- verbal comments
- vital signs.

**P-2-2 Demonstrate ability to provide care to manage pain and symptoms by:**

- administer analgesic
- assess client on ongoing basis
- assess need for changes in analgesic
- hygiene care, mouth care, skin care
- identify causes of discomfort
- involve family / significant others in client care
- promote elimination
- provide quiet, comfortable room
- reposition, using support devices, special mattress.

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Competency: **P-3**

**Psychological and Emotional Support**

Date: September 1, 2005

A Licensed Practical Nurse will:

- P-3-1 Demonstrate an awareness of own perspective of death and dying.**
- P-3-2 Demonstrate ability to recognize and respect client's and family's reaction to the dying process.**
- P-3-3 Demonstrate ability to perform nursing care in a composed, sympathetic, and considerate manner.**
- P-3-4 Demonstrate ability to recognize the client's and family's adaptation to the grieving process.**
- P-3-5 Demonstrate ability to recognize and understand co-workers reactions and feelings toward the dying process.**
- P-3-6 Demonstrate ability to teach and inform the family of client's condition.**
- P-3-7 Demonstrate respect for religious and cultural practices that bring comfort to the dying client and family:**
- aware of rituals and fundamentals of different faiths
  - access hospital chaplain or clients representative.
- P-3-8 Demonstrate ability to recognize and make an effort to keep the family comfortable physically, emotionally, and spiritually:**
- direction to quiet room, phones, parking
  - nourishment
  - offering overnight accommodations
  - refer to emotional and spiritual support
  - location of chapel
  - offer support and encouragement.

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Competency: **P-4**  
**Care and Comfort Measures**

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A Licensed Practical Nurse will:

**P-4-1 Demonstrate ability to provide nursing care to keep client comfortable:**

- maintain a peaceful environment
- communicate with client, family and significant others
- use touch to reassure client and family
- adjust nursing care to compensate for changes in normal functioning
- bathing, skin care, mouth care, hygiene measures
- administer medication to ensure comfort.

**P-4-2 Demonstrate ability to provide care to family:**

- comfortable environment
- touch
- listening
- collaborating with other health team members.

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Competency: **P-5**

**Support Services**

Date: September 1, 2005

A Licensed Practical Nurse will:

**P-5-1 Demonstrate knowledge and ability to access support services such as:**

- pastoral care, chapel, representatives of diverse faiths
- social worker
- dietitian
- family room
- literature
- family bereavement support group
- hospice
- volunteers.

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Competency: **P-6**

**Respect for the Family's  
Rights and Wishes**

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A Licensed Practical Nurse will:

- P-6-1      Demonstrate ability to understand and respect the family's perspective on death and dying.**
- P-6-2      Demonstrate ability to respect different religious and cultural backgrounds and practices.**
- P-6-3      Demonstrate ability to respect the family's rights and wishes to use or refuse support services.**
- P-6-4      Demonstrate knowledge and ability to respect the family's decisions regarding:**
- their level of participation in the care
  - difficult decisions regarding client care and interventions
  - level of involvement in post mortem care.

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Competency: **P-7**  
**Post Mortem Care and Documentation**

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A Licensed Practical Nurse will:

- P-7-1      Demonstrate knowledge and ability to provide post mortem care and appropriate documentation. (See Competency Band E)**
- P-7-2      Demonstrate respect and dignity for the body.**
- P-7-3      Demonstrate ability to collect, store, and list personal effects and valuables.**
- P-7-4      Demonstrate ability to ensure proper documentation of death and follow-up care.**