P: Palliative Care
A Licensed Practical Nurse will:

**P-1-1** Demonstrate knowledge and ability to apply critical thinking and critical inquiry throughout the nursing process in palliative care:
- ongoing assessment of physical symptoms and psychosocial well-being
- goals of care decision making
- communication and collaboration with client, family, others and interprofessional team
- legal directives and confidentiality
- advocacy and appropriate referrals

**P-1-2** Demonstrate knowledge and ability to integrate palliative principles and values in care of client throughout the dying process, across all care settings including:
- whole person care/holistic care
- client centered/family focused
  - client identifies members of “family”
  - client and family needs, expectations, hopes and goals
  - recognize each person is unique and valued before and after death
  - autonomy and the right to refuse care
  - quality of life as defined by the client
- based on the dignity and integrity of the therapeutic relationship
- knowledge and research based
- provided by an inter-professional team

**P-1-3** Demonstrate and practice self-reflection, self-awareness and self-care including:
- recognize personal beliefs and biases
- develop and maintain personal health and wellness
- provide non-judgmental, empathetic, compassionate care
- develop the capacity to be in the presence of person and family suffering
- establish and maintain therapeutic and professional boundaries
- support inter-professional team
- engage in ongoing professional development
A Licensed Practical Nurse will:

P-2-1 Demonstrate knowledge and ability to recognize patterns of decline associated with the dying process including:
- sudden death
- steady decline (some cancers)
- stuttering decline (organ failure)
- slow decline (dementia and frailty)

P-2-2 Demonstrate knowledge of signs and symptoms associated with dying:
- signs when death is imminent
- symptoms that are common in last days and hours

P-2-3 Demonstrate ability to provide care for client, family and others when:
- death is imminent
- at the time of death
- following death
A Licensed Practical Nurse will:

**P-3-1 Demonstrate knowledge and ability to provide psychosocial support including:**
- create a safe, nurturing environment
- be present in case of pain and suffering
- communicate respectfully, empathetically and compassionately
- facilitate conversation regarding goals of care
- facilitate expression of feelings, needs, hopes, joys and concerns
- provide opportunity for client to engage in life review
- identify social, cultural, spiritual values affecting grieving and expression of grief
- recognize and normalize loss as a universal experience
- understand and normalize grief as a holistic experience
- identify situations of complicated grief/existential stress
- provide appropriate referral(s)

**P-3-2 Demonstrate knowledge and ability to anticipate, assess and manage symptoms including:**
- agitation/restlessness
- anorexia
- constipation
- dehydration
- delirium
- dyspnea
- fatigue
- oral discomfort
- nausea/vomiting
- pain

**P-3-3 Demonstrate knowledge and ability to enhance physical comfort:**
- non-pharmacological comfort measures
- medications for symptom management
- referrals to palliative care specialist/inter-professional team as necessary
A Licensed Practical Nurse will:

**P-3-4**  Demonstrate knowledge and ability to provide health teaching and coaching related to physical and psychosocial care of client, family and others including:
- information sharing
- open conversations about goals of care
- support informed decision making
- review and clarify client, family and others understanding

**P-3-5**  Demonstrate knowledge and ability to recognize and respond to needs of family including:
- provide compassionate, non-judgmental support
- respect level of participation in care
- respect right to access or refuse support services
- understand and support role as caregiver and/or decision maker
- understand needs to balance work and other responsibilities
- respect religious, cultural and traditional beliefs and practices
- provide information about services available
Major Competency Area: **P**
**Palliative Care**

Competency: **P-4**
**Post Mortem Care**

Date: June 1, 2015

A Licensed Practical Nurse will:

**P-4-1 Demonstrate knowledge and ability to pronounce (expected) death and provide post-mortem care including:**
- assess cessation of vital signs
- record and report time of death
- notify next of kin or designate
- notify inter-professional team
- provide supportive environment for family
- provide care of body respecting client/family/cultural wishes