

P: Palliative Care

Major Competency Area: **P**
Palliative Care

Competency: **P-1**
Palliative Principles and Values

Date: June 1, 2015

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 inter-professional 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

Major Competency Area: **P**
Palliative Care

Competency: **P-2**
Physical Changes

Date: June 1, 2015

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

Major Competency Area: **P**
Palliative Care

Competency: **P-3**
Physical and Psychosocial Care

Date: June 1, 2015

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