

Q: Palliative Care

Please note: Competencies within this section of the Profile are to be taken in consideration with competencies outlined throughout this document and are not intended to be standalone.

Important: LPNs are responsible to ensure they have any required education or training and the individual competence prior to performing these competencies.

Major Competency
Q: Palliative Care

Competency
Q-1: Palliative Nursing and Interventions

Competency Statement - A Licensed Practical Nurse will:

- Q-1-1 Demonstrate knowledge of the philosophy of a palliative care approach that begins at the onset of a life limiting illness.**
- Q-1-2 Demonstrate knowledge and ability to integrate palliative principles and values, standards, and guidelines throughout the dying process across all care settings:**
- based on the dignity and integrity of the therapeutic relationship
 - based on knowledge and research
 - person-centered care
 - patient identifies members of “family”
 - respecting needs, expectations, hopes, and goals
 - recognize each person is unique and valued before and after death
 - respect autonomy and the right to refuse care
 - support quality of life as defined by the patient
- Q-1-3 Demonstrate and practice self-reflection, self-awareness, and self-care:**
- recognize personal beliefs and biases
 - develop and maintain personal health, wellness, and professional development
 - provide empathetic, compassionate care
 - establish and maintain therapeutic and professional boundaries
 - recognize capacity to be in the presence of person and family throughout the dying process
- Q-1-4 Demonstrate knowledge and ability to perform holistic nursing assessment of the palliative care patient:**
- ongoing assessment of physical symptoms and psychosocial well being
 - goals of care and legal directives
 - effective communication and collaboration
 - advocacy and appropriate referrals
- Q-1-5 Demonstrate knowledge and ability to recognize pattern of decline associated with the dying process.**
- Q-1-6 Demonstrate knowledge of signs and symptoms associated with imminent death.**
- Q-1-7 Demonstrate ability to provide care for patient, family, and others when death is imminent, at the time of death, and following death.**

Major Competency

Q: Palliative Care

Competency

Q-1: Palliative Nursing and Interventions

Competency Statement - A Licensed Practical Nurse will:

Q-1-8 Demonstrate knowledge and ability to provide psychosocial support:

- create safe, nurturing environment
- communicate with respect, empathy, and compassion
- facilitate conversation regarding goals of care
- encourage expression of feelings, hopes, and concerns
- provide opportunity for patient to reminisce
- respect social, cultural, spiritual values
- respect loss as universal experience
- identify complicated grief and existential stress
- provided appropriate referral

Q-1-9 Demonstrate knowledge and ability to anticipate, assess, and manage symptoms during the dying process:

- agitation, restlessness, and delirium
- anorexia and cachexia
- dehydration and constipation
- dyspnea and fatigue
- pain and discomfort
- nausea and vomiting

Q-1-10 Demonstrated knowledge and ability to enhance physical comfort:

- non-pharmacological comfort measures and comfort rounds
- medications for symptom management
- referrals to palliative care specialist or inter-professional team as necessary

Q-1-11 Demonstrate knowledge and ability to recognize and respond to caregiver needs:

- provide compassionate, non-judgmental support
- respect level of participation in care
- provide information about support services
- respect right to refuse services
- support role as caregiver or decision maker
- support need to balance work and other responsibilities
- respect religious, cultural, and traditional beliefs and practices