

# Objectives for ELNEC GRADUATE

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

## **Module 1: Introduction to Palliative Care**

1. Apply philosophy and principles of primary palliative care into everyday practice.
2. Integrate the NCP Guidelines for Quality Palliative Care into care settings.
3. Compare and contrast hospice and palliative care services.
4. Discuss the multiple roles of the advanced practice nurse (APN), in providing or advocating for quality palliative care for patients with serious illness and their families.

## **Module 2: Communication in Palliative Care**

1. Apply communication skills essential for the role of the advanced practice registered nurse in communication with the patient, family, interdisciplinary team across the serious illness trajectory and at end of life.
2. Integrate advanced communication skills into primary palliative care clinical practice.
3. Facilitate advance care planning conversations with patients and families across the serious illness trajectory.
4. Prepare for and lead family meetings centered on serious illness conversations while honoring and respecting unique cultural norms.

## **Module 3: Pain Management in Palliative Care**

1. Integrate critical components of an advanced pain assessment: history, physical examination, and diagnostic testing, into clinical practice.
2. Make accurate pain diagnoses based on etiology and characteristics that guide management strategies.
3. Prescribe safe and effective pharmacological therapies for pain.
4. Calculate opioid equianalgesic route conversions for the commonly used opioids.
5. Make recommendations for nonpharmacological and integrative pain therapies as appropriate.
6. Discuss opioid risk mitigation and safe pain management practices.

## **Module 4: Symptom Management in Palliative Care**

1. Apply the biopsychosocial/spiritual model of pain assessment and management to selected common symptoms associated with serious illness.
2. Prescribe pharmacological and non-pharmacological interventions for management of selected common symptoms in serious illness.
3. Refer patients with complex symptoms to specialty palliative care and/or appropriate interdisciplinary team members when appropriate.

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**Module 5: Final Hours**

1. Discuss the role of the APRN in preparing the patient and family for death.
2. Integrate the essential elements of compassionate and effective communication into clinical practice during end-of-life care.
3. Incorporate patient and family cultural values and spiritual practices and beliefs into quality end-of-life care.
4. Discuss benefits and burdens of selected ethical end-of-life issues.
5. Assess and manage pain and symptoms common at end of life (EOL).
6. Support patients and families experiencing loss and grief.
7. Refer persons demonstrating behaviors of complicated bereavement for appropriate psychosocial and spiritual care.

**Module 6: APN Leadership in Serious Illness**

1. Identify *G-CARES* competencies in primary palliative care appropriate to participant's graduate-level scope of practice.
2. Apply the three essential elements of advanced practice nursing leadership in improving palliative care for all patients with serious illness across the lifespan and in all settings.
3. Integrate transformational leadership concepts into primary palliative care APN practice in various domains of care.
4. Analyze patient, family, community and/or system challenges and opportunities as an APN leader in serious illness care.
5. Discuss the importance of resiliency in care of patients with serious illness and their families.
6. Integrate strategies which promote self-care and healthy work environments into practice settings.

# Curriculum Module Descriptions for ELNEC Graduate

## **Module 1: Introduction to Palliative Care**

This module is designed to help graduate-level nursing students, as future nursing leaders, become more knowledgeable about the importance of quality palliative care for all patients with serious illness and their families. Palliative care is intended for all populations of patients, across the lifespan and in all clinical settings, including the community and tele-health. The link to the AACN G-CARES Competencies can be found in the references at the end of this module.

## **Module 2: Communication in Palliative Care**

Strong communication skills are key to quality palliative care whether the student will be in a direct patient care role as an advanced practice registered nurse (APRN) or as an advanced practice nurse (APN) in an indirect role, such as administration or education. This module emphasizes the importance of patient and family communication as well as interprofessional communication.

## **Module 3: Pain Management in Palliative Care**

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, with attention to the role of nurses with graduate preparation. Special attention will be devoted to issues related to prescribing and risk mitigation, particularly important given the current climate of an opioid epidemic and the interface of this public health crisis balanced with the challenge of inadequately relieved pain.

## **Module 4: Symptom Management in Palliative Care**

This module provides students with an overview of symptoms common in patients with serious illness and will emphasize their role in assessing and managing these symptoms based on patients' goals of care and overall prognosis. There is a wide variety of physical and psychological symptoms common in palliative care, making it impossible to cover them all. This module will highlight symptoms from the physical, psychological and spiritual domains.

## **Module 5: Final Hours**

This module will focus on one of the most crucial times within a patient's life and in the lives of their loved ones. During the final days, hours, and minutes of a person's life, the nurse has great responsibility in ensuring exceptional attention to the physical, psychological, social, and spiritual needs of patients and their loved ones. Ethical considerations such as withholding and/or withdrawing nutrition/fluids and technology will be discussed. Loss, grief and bereavement care for the patient, family, nurse and health care colleagues is included in this module.

## **Module 6: APN Leadership in Serious Illness**

Advanced practice nurses (APNs) have an awesome responsibility in leading, preparing, and working with nurses and other health care professionals to meet the complex challenges of serious illness care. This module focuses on that leadership in both direct and indirect patient care roles and provides strategies to support the APN student learning those roles.

# Module Outlines for ELNEC Graduate

## Module 1: Introduction to Palliative Care

### Section 1: Introduction

- A. Introduction to the ELNEC- Graduate Curriculum
- B. Learning Objectives

### Section 2: An Overview of Palliative Care

- A. Welcome
- B. The Facts about Serious Illness
- C. Dying in America
- D. What Is Palliative Care?
- E. Philosophy and Principles of Quality Palliative Care
  - 1. Specialty Palliative Care
  - 2. Primary Palliative Care
- F. Quality of Life Model
- G. The NCP Guidelines
  - 1. Overview of the 8 domains
  - 2. Domain 1: Structure & Processes of Care
  - 3. Domain 6: Cultural Aspects of Care
- H. Specialty Palliative Care
- I. Primary Palliative Care

### Section 3: Hospice care

- A. What Is Hospice?
- B. The Hospice Team
- C. Transition to Hospice
- D. Case Study

### Section 4: Role of APN in promoting and providing palliative care

- A. Tools and Resources

### Section 5: Conclusion

- A. Summary
- B. References

## Module 2: Communication in Palliative Care

### Section 1: Introduction

- A. About this Course
- B. Learning Objectives

### Section 2: Primary Palliative Care Competency for Graduate-Prepared Nurses

- A. G-CARES competencies for Graduate Nursing Students

*ELNEC Graduate Objectives, Descriptions and Outline*

1. Competencies for all master's and DNP students
2. Competencies for master's and DNP students in direct patient care

Section 3: Essential Elements in Nursing Leadership

Section 4: Nursing Leadership in Serious Illness Care

- A. APRN primary palliative care leadership in the various domains of care
- B. Addressing challenges and promoting opportunities in advancing serious illness care
  1. Current issues
  2. Case example

Section 5: Resiliency in Caring for those with Serious Illness

- A. Dealing with medically inappropriate care
- B. Compassion fatigue and burnout
- C. Self-care strategies to promote resiliency

Section 6: Conclusion

- A. Summary
- B. References

## Module 3: Pain Management in Palliative Care

Section 1: Introduction

- A. About This Course
- B. Learning Objectives

Section 2: Advanced Pain Assessment

- A. Pain Is Multidimensional
- B. Types of Pain
- C. Important Definitions
- D. Pain Assessment:
- E. Pain Assessment Video
- F. Physical Examination
- G. Diagnostics

Section 3: Pain Management

- A. Groups at Risk for Poor Pain Management
  1. Children
  2. Older adults
- B. Common Pharmacologic Management
  1. Non- Opioids
    - a. Acetaminophen
    - b. NSAIDs
  2. Commonly Used Opioids
    - a. Mechanisms of action
    - b. Adverse effects
- C. Routes of Administration

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- D. Principles of Opioid Pain Management
- E. Opioid Equianalgesia
- F. Adjuvant Therapy
  - 1. Antidepressants
  - 2. Anticonvulsants
  - 3. Corticosteroids
- G. Non-Pharmacologic Strategies

Section 4: Safe Practice

- A. Universal Precautions
- B. Risk Evaluation & Mitigation
- C. Opioid Use
- D. Screening for High-Risk Behaviors
- E. Opioid Management Agreements
- F. Patient Education

Section 5: Conclusion

- A. Summary
- B. References

## Module 4: Symptom Management in Palliative Care

Section 1: Introduction

- A. About This Course
- B. Learning Objectives

Section 2: Introduction to Symptom Management

- A. Essential Elements
- B. Symptom Management in Children
- C. Symptom Management in Older Adults

Section 3: Physical Symptoms

- A. General Symptoms
  - 1. Fatigue
- B. Respiratory Symptoms
  - 1. Dyspnea
- C. Gastrointestinal Symptoms
  - 1. Anorexia and Cachexia
  - 2. Nausea and Vomiting
  - 3. Constipation

Section 4: Psychological Symptoms

- A. Depression
- B. Anxiety

Section 5: Spiritual Distress

- A. Existential/Spiritual Distress

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Section 6: Conclusion

- A. Summary
- B. Resources
- C. References

**Module 5: Final Hours of Life**

Section 1: Introduction

- A. About This Course
- B. Learning Objectives

Section 2: Preparing for the Dying Process and Death: The Role of the APRN

- A. Communication/Essential Discussions
  - 1. Common concerns/fears
  - 2. Planning for the site of death
  - 3. Medically administered nutrition & hydration
  - 4. Resuscitation/code status
  - 5. Withdrawal of technology
    - i. ventilator withdrawal
    - ii. CIEDs
    - iii. Hemodialysis
  - 6. Responding to request for hastening death
- B. Cultural Considerations
- C. Spiritual Considerations

Section 3: Signs & Symptoms Associated with Imminent Death

- A. Prognosis
- B. Road to Death
- C. Signs
- D. Symptoms
  - 1. intractable symptoms: palliative/controlled sedation

Section 4: Care at the Time of Death

- A. Signs & symptoms
- B. APRN role
- C. Death Pronouncement
- D. Death Certificate
- E. Organ Donation
- F. Autopsy

Section 5: Care of the Body After Death

- A. Post-mortem care
- B. Memory making/Legacy work
- C. Removal of body
- D. Honoring veterans

*ELNEC Graduate Objectives, Descriptions and Outline*

Section 6: Loss, Grief & Bereavement

- A. Overview
- B. Definitions
  - 1. Loss
  - 2. Grief
  - 3. Bereavement
  - 4. Mourning
- C. Types of grief
  - 1. Anticipatory
  - 2. Acute
  - 3. Normal
  - 4. Disenfranchised
  - 5. Complicated
- D. Grief assessment
- E. Helpful words
- F. Children's grief

Section 7: Conclusion

- A. Summary
- B. Resources
- C. References

**Module 6: APN Leadership in Serious Illness**

Section 1: Introduction

- A. About This Course
- B. Learning Objectives

Section 2: Primary Palliative Care Competency for Graduate-Prepared Nurses

- A. Palliative care overview
- B. G-CARES competencies for Graduate Nursing Students
  - 1. Competencies for all master's and DNP students
  - 2. Competencies for master's and DNP students in direct patient care

Section 3: Essential Elements in Nursing Leadership

- A. Concepts in Leadership Competency
  - 1. Mentoring
  - 2. Empowerment
  - 3. Innovation
- B. Learning a New Language
  - 1. Concepts/ideas
  - 2. Supportive language/mindsets
  - 3. Language/mindsets to avoid
  - 4. Practice example

Section 4: Nursing Leadership in Serious Illness Care



*ELNEC Graduate Objectives, Descriptions and Outline*

- A. APN Primary Palliative Care Leadership in the Various Domains of Care
  - 1. Clinical practice
  - 2. Management/Administration
  - 3. Research/Quality Improvement
  - 4. Education
  - 5. Quality & Safety
  - 6. Policies/Advocacy
- B. Addressing Challenges and Promoting Opportunities in Advancing Serious Illness Care
  - 1. Current Issues
  - 2. Case Example

Section 5: Resiliency in Caring for those with Serious Illness

- A. Dealing with Medically Inappropriate Care
- B. Compassion fatigue and burnout
- C. Self-care strategies to promote resiliency

Section 6: Conclusion

- A. Summary
- B. References