

# Curriculum Blueprint

## Enrolled Nurse Toolkit

2018

**PCC4U**

PALLIATIVE CARE  
CURRICULUM FOR  
UNDERGRADUATES

Funded by the Australian Government  
Department of Health



**Topic 1**  
Principles of  
Palliative Care



**Topic 2**  
Communicating with  
People with Life-  
limiting Conditions



**Topic 3**  
Principles of Symptom  
Assessment and  
Management



**Topic 4**  
Assessment and  
Management  
of Pain



**Topic 5**  
Optimising  
Function in  
Palliative Care



**Topic 6**  
Terminal Care  
and Bereavement  
Support



**WILLIAM'S STORY** William is a 60-year-old man with stage IV colorectal cancer with liver metastases. He has worsening liver function and his prognosis is poor. His care involves the GP and community team.

# Topic 1:

## Principles of Palliative Care



To provide health care that's relevant to community needs, you need to understand the experiences, preferences and care requirements for people with life-limiting conditions.

**Topic 1: Principles of palliative care** aims to develop the knowledge and skills needed to provide quality care, across various health care settings, to people with life-limiting conditions and their families.

### Aims:

After completing this topic, you should be able to:

- describe the core principles of a palliative approach to care
- develop an understanding of the experiences, preferences and care requirements for people with life-limiting conditions.

### SESSION - OBJECTIVES - OVERVIEW

<p><b>1.1</b> <b>What is palliative care?</b></p>	<ul style="list-style-type: none"> <li>■ consider how your own values and beliefs influence your interactions with a person with a life-limiting condition</li> <li>■ develop an understanding of the underpinning principles and core values of palliative care.</li> </ul>	<p>What is palliative care Understanding quality of life</p>
<p><b>1.2</b> <b>Diversity and culture</b></p>	<ul style="list-style-type: none"> <li>■ reflect on various meanings of death and dying in contemporary society and how they relate to a person's own experiences of dying</li> <li>■ examine the diversity of Australian populations requiring palliative care</li> <li>■ describe key concepts associated with cultural competence and cultural safety.</li> </ul>	<p>Factors influencing death and dying Individual factors influencing death and dying <i>Case Study: William's story</i> Diverse experiences of death and dying Multicultural Australia - Cultural safety - Cultural competence</p>
<p><b>1.3</b> <b>A palliative approach to care</b></p>	<ul style="list-style-type: none"> <li>■ understand the importance of an individualised approach to caring for people with life-limiting conditions</li> <li>■ identify groups and individuals who may benefit from palliative care.</li> </ul>	<p>Understanding people's needs Who is palliative care for? Patterns of change</p>
<p><b>1.4</b> <b>Palliative care - everybody's business</b></p>	<ul style="list-style-type: none"> <li>■ describe the palliative care workforce</li> <li>■ identify the rationale for a multidisciplinary approach in providing care for people with life-limiting conditions</li> <li>■ outline how to include the principles and core values of palliative care in enrolled nurse practice.</li> </ul>	<p>The palliative care workforce What is a multidisciplinary approach to care? <i>Case Study: William One year later</i></p>

# Topic 2:

## Communicating with People with Life-limiting Conditions



Providing support for people with life-limiting conditions requires you to understand the meaning of the condition and its effects on individuals. It's vital to identify and acknowledge an individual's concerns and sources of distress, and respond to these effectively.

**Topic 2: Communicating with people with life-limiting conditions** aims to develop your skills in communicating with people with life-limiting conditions and their families.

### Aims

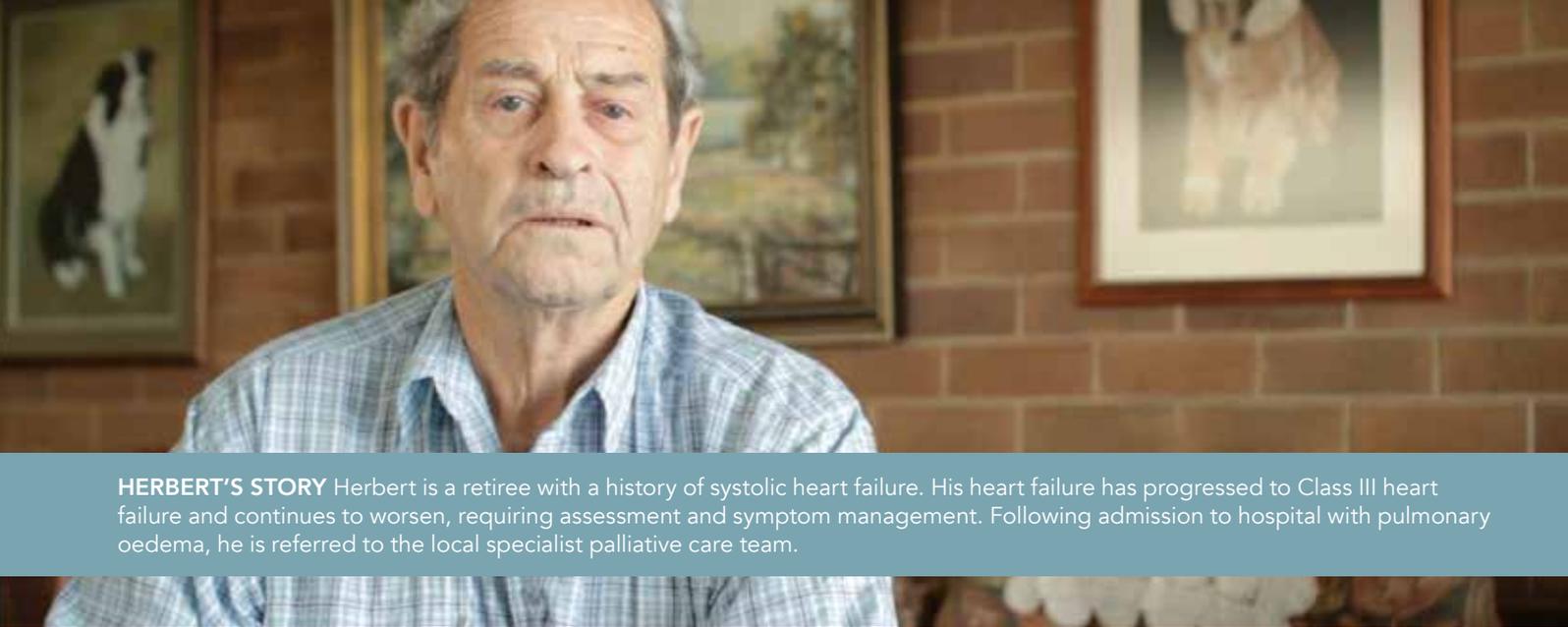
After completing this topic, you should be able to:

- recognise how your own values and beliefs about death and dying affect your personal responses and interactions with people with life-limiting conditions and their families
- demonstrate the principles of effective communication when interacting with people with life-limiting conditions and their families
- identify sources of psychological, social and spiritual support for people with life-limiting conditions and their families.

SESSION - OBJECTIVES - OVERVIEW		
<b>2.1</b> <b>The experience of being diagnosed with a life-limiting condition</b>	<ul style="list-style-type: none"> <li>■ describe common psychological and existential challenges faced by people with life-limiting conditions</li> <li>■ describe evidence-based screening strategies to better understand sources of distress for people with life-limiting conditions.</li> </ul>	Challenges faced <i>Case Study: Michelle's story</i> Identifying sources of distress - Patient Dignity Inventory (PDI) - Distress Thermometer
<b>2.2</b> <b>Supportive communication</b>	<ul style="list-style-type: none"> <li>■ discuss supportive communication strategies used to identify the concerns of people with life-limiting conditions</li> <li>■ identify evidence-based strategies to respond to the needs and concerns of people with life-limiting conditions</li> <li>■ demonstrate skills and knowledge by engaging in supportive communication roleplay.</li> </ul>	Being present and listening <i>Expert opinion - difficult conversations</i> Communication principles PREPARED model <i>Expert opinion - Communicating challenging news</i> <i>Case Study - Michelle receives distressing news</i> Supporting the transition to palliative care <i>Case Study- Michelle's illness progresses</i> Loss and grieving <i>Case Study- Michelle responding to losses</i>
<b>2.3</b> <b>The spiritual dimension of care</b>	<ul style="list-style-type: none"> <li>■ identify elements of spiritual care when caring for someone with a life-limiting condition</li> <li>■ develop an awareness of communication strategies that will support the spiritual dimension of care for people with life-limiting conditions.</li> </ul>	Understanding spiritual needs Engaging in spiritual conversations <i>Case Study- Michelle discusses spirituality</i>
<b>2.4</b> <b>Communication principles for culture-centred care</b>	<ul style="list-style-type: none"> <li>■ describe principles for communicating with people with a life-limiting condition from a culturally and linguistically diverse background</li> <li>■ identify the role of professional interpreters in supporting effective communication in palliative care settings</li> <li>■ identify resources to assist communication with a person from a culturally and linguistically diverse background.</li> </ul>	Intercultural communication principles Communicating with people where English is their second language Working with interpreters <i>Case Study - Amy is admitted to an aged care facility</i> Respecting cultural diversity <i>Case Study - Amy's cultural and individual care needs</i>
<b>2.5</b> <b>Awareness of self-care</b>	<ul style="list-style-type: none"> <li>■ identify self-care strategies to manage the challenges that arise from interacting with people with life-limiting conditions.</li> </ul>	Understanding the importance of self-care <i>Expert opinion - Self-care</i> Adopting self-care strategies Reflective practice <i>Expert opinion - Self-care strategy and reflective practice</i>



**MICHELLE'S STORY** Michelle is 38 years old and lives with her partner Peter and two children. She has a recurrence of breast cancer with metastatic deposits on her lung, liver and spine. As Michelle's condition deteriorates, palliative care is introduced by the cancer care team, with support from the palliative care nurse to help prepare and support Michele and Peter for Michelle's end-of-life care at home.



**HERBERT'S STORY** Herbert is a retiree with a history of systolic heart failure. His heart failure has progressed to Class III heart failure and continues to worsen, requiring assessment and symptom management. Following admission to hospital with pulmonary oedema, he is referred to the local specialist palliative care team.

# Topic 3:

## Principles of Symptom Assessment and Management



To understand a person's symptoms and identify appropriate symptom management strategies a comprehensive multidimensional approach to assessment is needed.

**Topic 3: Principles of symptom assessment and management** aims to develop the knowledge and skills needed to identify the health needs of people with a life-limiting condition. You will also develop your understanding of the principles for managing common symptoms in palliative care.

### AIMS

After completing this topic, you should be able to:

- develop an understanding of the principles for assessing and managing symptoms associated with life-limiting conditions
- discuss the importance of the multidisciplinary team in symptom assessment and management.

### SESSION - OBJECTIVES - OVERVIEW

<p><b>3.1</b> <b>Principles of assessment</b></p>	<ul style="list-style-type: none"> <li>■ describe the importance of impeccable and holistic assessments in palliative care</li> <li>■ understand the association of trajectories and symptom assessment.</li> </ul>	<p>Impeccable palliative care assessment Anticipating likely symptoms Comprehensive and multidimensional assessments <i>Case study - Herbert's story</i></p>
<p><b>3.2</b> <b>Assessing palliative symptoms</b></p>	<ul style="list-style-type: none"> <li>■ outline common palliative care symptoms</li> <li>■ describe contributing factors which can influence the symptom experience of a person with a life-limiting condition</li> <li>■ outline the importance of consistent assessment approaches including the use of validated palliative care assessment tools.</li> </ul>	<p>Common palliative symptoms Ensuring consistent assessment approaches <i>Case study - Herbert six months later</i></p>
<p><b>3.3</b> <b>Evidence-based symptom management</b></p>	<ul style="list-style-type: none"> <li>■ describe the key components of evidence-based palliative symptom management</li> <li>■ outline the process to develop the palliative care plan in collaboration with the multidisciplinary team, person with a life-limiting condition and their family.</li> </ul>	<p>Palliative symptom management Comprehensive symptom management in palliative care Sources of evidence Importance of evidence <i>Expert opinion - The importance of evidence in palliative care</i> <i>Case study - Herbert's illness progresses</i></p>

# Topic 4:

## Assessment and Management of Pain

Effective pain management is a core element of palliative care practice. Uncontrolled pain can cause significant distress and disability.

**Topic 4: Assessment and management of pain** aims to develop the knowledge and skills needed to assess and manage pain experienced by people with a life-limiting condition.

### Aims

After completing this topic, you should be able to:

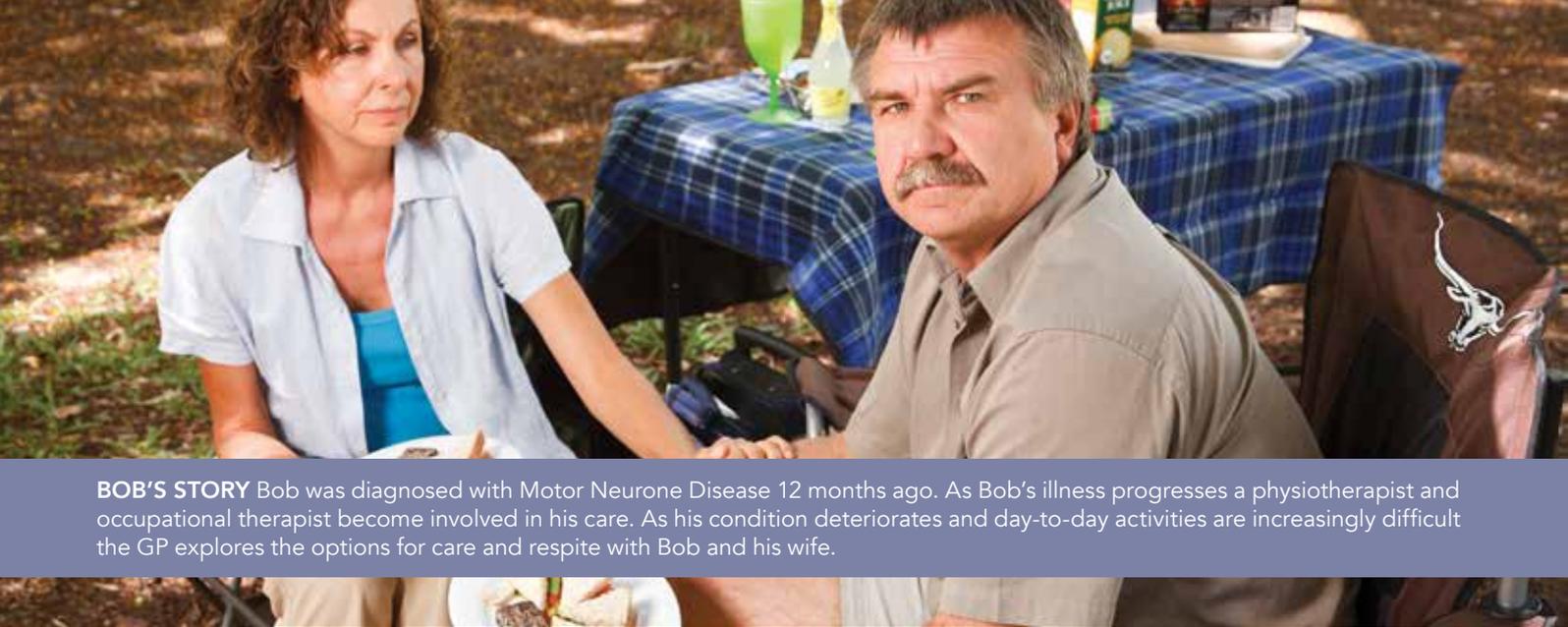
- apply assessment and management principles when caring for people with life-limiting conditions experiencing pain.

### SESSION - OBJECTIVES - OVERVIEW

<b>4.1</b> <b>The experience of pain</b>	<ul style="list-style-type: none"> <li>■ describe the impact of pain on people with life-limiting conditions</li> <li>■ outline barriers to effective management of pain.</li> </ul>	<i>Video – Bassam’s story</i> The experience of pain at end of life - Common pain experiences - Multidimensional experience of pain Barriers to effective management of pain - Individual and family concerns - Health professional concerns <i>Case study – Tom’s full story</i>
<b>4.2</b> <b>Assessing and managing pain</b>	<ul style="list-style-type: none"> <li>■ identify evidence-based pain assessment strategies</li> <li>■ outline pain management principles.</li> </ul>	Pain assessment strategies Principles of pain management The World Health Organisation Pain Ladder
<b>4.3</b> <b>Pharmacological and non-pharmacological approaches to pain management</b>	<ul style="list-style-type: none"> <li>■ describe indications for common pharmacological pain management approaches</li> <li>■ outline strategies to prevent and manage common side effects of pharmacological pain management</li> <li>■ describe indications for common non-pharmaceutical and complementary care in the management of pain.</li> </ul>	Pharmacological therapies - Choosing the right medication and route - Side effects of pain management Indications for complementary and alternative therapies
<b>4.4</b> <b>Subcutaneous infusions</b>	<ul style="list-style-type: none"> <li>■ describe indications for intima sub-cutaneous lines for pain relief, anti-nausea and steroid injections</li> <li>■ describe indications and contraindications for use of syringe drivers in administration of pain medication.</li> </ul>	Subcutaneous administration of analgesia, anti-nausea agents and steroids Syringe driver management
<b>4.5</b> <b>Simulation of pain assessment and management</b>	<ul style="list-style-type: none"> <li>■ demonstrate evidence-based assessment and management of pain.</li> </ul>	Simulation scenario – Geoff Holder



**TOM'S STORY** Tom is an Aboriginal man with advanced lung cancer and multiple metastases who collapses at home. Discussion between the nurse and hospital Aboriginal Liaison Officer highlights several key issues to consider when caring for an Aboriginal family.



**BOB'S STORY** Bob was diagnosed with Motor Neurone Disease 12 months ago. As Bob's illness progresses a physiotherapist and occupational therapist become involved in his care. As his condition deteriorates and day-to-day activities are increasingly difficult the GP explores the options for care and respite with Bob and his wife.

# Topic 5:

## Optimising Function in Palliative Care



Maintenance of physical, psychological, and social functioning is important to ensure optimal quality of life for people with life-limiting conditions and their families.

**Topic 5: Optimising function in palliative care** aims to develop your understanding of how to provide support for people with life-limiting conditions and their families. In particular, it focuses on issues of loss and establishing goals of care.

### Aims

After completing this topic, you should be able to:

- recognise the different responses and emotions of people living with life-limiting conditions and their families
- discuss strategies for facilitating collaborative decision-making on care goals with people with life-limiting conditions and their families
- identify management strategies that will optimise physical, psychological and social function for people with life-limiting conditions and their families.

### SESSION - OBJECTIVES - OVERVIEW

<b>5.1</b> <b>Living with a life-limiting condition - experiencing loss</b>	<ul style="list-style-type: none"> <li>■ describe the range of experiences of loss at the end of life</li> </ul>	Common experiences of loss at the end of life <i>Case story – Bob's story</i>
<b>5.2</b> <b>Goals of care and advance care planning</b>	<ul style="list-style-type: none"> <li>■ describe strategies for establishing goals of care for people with life-limiting conditions</li> <li>■ describe the role of advance care planning in palliative care</li> </ul>	Establishing goals of care Family meetings Documenting goals of care Advance care planning
<b>5.3</b> <b>Ethical and legal considerations</b>	<ul style="list-style-type: none"> <li>■ describe ethical and legal considerations impacting people with life-limiting conditions</li> </ul>	Collusion, disclosure and 'truth telling' <i>Case study – Mrs Li's story</i> Organ and tissue donation
<b>5.4</b> <b>Optimising function – health care providers</b>	<ul style="list-style-type: none"> <li>■ identify strategies and resources to optimise function for people with life-limiting conditions</li> </ul>	Assessing and supporting function Role of allied health in supporting function <i>Case study – Supporting Bob's functional status</i>
<b>5.5</b> <b>Optimising function – communities and carers</b>	<ul style="list-style-type: none"> <li>■ describe the role of communities and carers in supporting people with life-limiting conditions to cope with loss of function</li> <li>■ identify strategies and resources to support communities and carers</li> </ul>	Optimising community care <i>Case study – Bob's condition deteriorates</i> Supporting carers
<b>5.6</b> <b>Malignant wound management</b>	<ul style="list-style-type: none"> <li>■ outline the management of malignant wounds at end of life.</li> </ul>	Malignant wound management

# Topic 6:

## Terminal Care and Bereavement Support



To provide care at the terminal phase for a person with a life-limiting condition, it is important to understand that experiences are different for everyone and individual goals of care determines the approach.

**Topic 6: Terminal care and bereavement support** describes how to recognise when someone is dying and developing a plan of care for this phase based on a revised assessment of their preferences and care needs. For the purpose of this resource, the terminal phase will be the last 48 hours of life.

### Aims

After completing this topic, you should be able to:

- recognise the terminal phase of a life-limiting condition
- identify person-centred goals of care in the terminal phase of a life-limiting condition
- outline cultural, ethical and legal considerations in the terminal phase of a life-limiting condition
- develop an understanding of providing care after death
- identify strategies for providing support to bereaved families and carers.

### SESSION - OBJECTIVES - OVERVIEW

<b>6.1</b> <b>Recognising the terminal phase</b>	<ul style="list-style-type: none"><li>■ describe the signs and symptoms commonly experienced in the terminal phase of a life-limiting condition</li><li>■ identify the principles of care in the terminal phase.</li></ul>	Recognising dying – signs and symptoms Assessment and management in the terminal phase
<b>6.2</b> <b>Reviewing goals of care in the terminal phase</b>	<ul style="list-style-type: none"><li>■ identify strategies to understand and respect preferences in the terminal phase</li><li>■ identify strategies to assist families and carers prepare for death.</li><li>■ describe ethical issues in the terminal phase of a life-limiting condition.</li></ul>	Preferences in the terminal phase Documenting preferences Cultural and ethical issues in the terminal phase
<b>6.3</b> <b>After death care</b>	<ul style="list-style-type: none"><li>■ outline the legal and organisational requirements after a person dies</li><li>■ demonstrate care of the person after death which reflects respect and is culturally appropriate.</li></ul>	Legal and organisational requirements Documentation Care of the person with dignity Culturally appropriate care <i>Case study – Support for Amy's family at the end-of-life</i>
<b>6.4</b> <b>Bereavement</b>	<ul style="list-style-type: none"><li>■ describe resources available to support individuals and families requiring grief and bereavement support.</li></ul>	Supporting families Referral to pastoral care or social work



**AMY'S STORY** Amy was diagnosed with early onset probable Alzheimer's disease when she was in her 60s. On admission to the aged care facility, a medical interpreter is engaged to translate information to Amy and her family. The interdisciplinary team at the aged care facility provide end-of-life care for Amy and her family.

# About

## the Enrolled Nurse Toolkit

- Online suite of resources to support learning in EN training packages
- Aligned to the unit of competency HLTENN010 Apply a palliative approach in nursing practice, and to EN standards for practice
- Patient-centred and evidence-based
- PCC4U case study vignettes provide engaging learning stimuli
- Each session includes a range of learning activities designed to develop one or more of the graduate capabilities for health professionals in palliative care
- Learning activities provide opportunities for students to:
  - explore key practice concepts relevant to the capability
  - understand the experience of individuals living with a life-limiting condition
  - promote critical reflection and apply learning
  - consider expert's opinions and experiences of practice in the field
  - identify and review current evidence and information resources.

Depending on desired learning outcomes, the EN Toolkit can be used in whole or in part and delivered in a range of different formats including:

- Blended learning
- Workshop activities
- Interactive tutorials
- Self-directed learning
- Lecture presentations
- Group discussions.

### **EN Toolkit Implementation support**

The EN Toolkit hub at [www.pcc4u.org](http://www.pcc4u.org) includes a comprehensive and current compilation of resources to support the inclusion of palliative care in EN training packages.

2018

Please forward any feedback or comments to:

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