

## CPE Unit title: Palliative Care Nursing in Various Contexts

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<b>Who should participate</b>	The CPE course has been written for registered nurses who are interested in acquiring specialist knowledge in the area of palliative care nursing in acute, aged and community care.
<b>Assumed knowledge</b>	Students are advised to have at least 3 months experience caring for people with life limiting conditions who are dying, or are expected to die within the next 12 months.
<b>Delivery</b>	External
<b>Credit eligibility</b>	You will receive a QUT-endorsed certificate of completion upon successful completion of the modules and assessment. If you successfully complete the modules and assessment you will be eligible to receive credit (advanced standing) towards one elective unit in NS32 Graduate Certificate in Nursing or NS85 Master of Nursing.
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### Synopsis

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This unit is intended for registered nurses, working in any health care sector, who care for adults with life limiting illness and wish to expand their knowledge of palliative care. The participants in this program will be prepared in the principles and practice of palliative care required for practice.

Nurses caring for patients with life limiting illness and their families require highly developed interpersonal skills, and knowledge of advanced concepts relating to assessment and management of physical and psycho-social symptoms to provide person-centred and holistic care and appropriate support. The role and functions of the palliative care nurse as a member of a multidisciplinary team and as an autonomous practitioner will be explored.

### Rationale

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This unit focuses on palliative care nursing of adults in their place of choice as they progress through a life limiting illness. With little or no prospect of recovery, the primary treatment goal is to optimise the quality of life, uphold the person's dignity with sensitivity and communicate appropriately throughout the continuum of care with empathy, honesty and compassion for the person and their family.

### Aim

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This unit aims to use an evidence based and person-centred approach to optimise the provision of safe, therapeutic and reassuring palliative care to patients with life limiting conditions and their families.

### Learning outcomes

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1. Apply palliative care principles to the assessment, planning and management of personalised care of the person and family requiring palliative care
2. Critically analyse, evaluate and apply evidence to ethical decision-making in caring for clients with life limiting conditions and their family
3. Critically evaluate the effectiveness of palliative care interventions and their impact on outcomes for the person and family
4. Explore collaboration and communication strategies in establishing and maintaining therapeutic relationships for the person with life - limiting conditions and family

## Content

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Content of the unit is presented through 4 Modules:

1. Leadership and collaborative practice in palliative care nursing
  - Principles of palliative care
  - Legal and ethical considerations for care of the person with life limiting illness
  - Person-centred care
  - Role and function of the palliative care nurse
  - The interdisciplinary and multidisciplinary team
2. Therapeutic relationships in palliative care nursing
  - Communicating with patient and family
  - Family structures
  - Cultural difference
  - Spiritual care
  - Quality of life
  - Loss, grief and bereavement
  - Providing psychosocial support
3. Principles of symptom assessment and management in palliative care nursing
  - Physical comfort and pain management
  - Psychological comfort
  - Common symptoms – respiratory, gastrointestinal, fatigue
  - Functional changes impacting activities of daily living
  - Principles of medication management
  - Family support in symptom management
4. End of life care in palliative care nursing
  - Preparing person, family and caregivers for end of life
  - Care of the person during the last days of life
  - Loss of appetite, terminal confusion, restlessness
  - Care of the provider of end of life care, before and after death of the patient

## Approaches to teaching and learning

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This unit is offered externally. Students will be provided with a course outline and all course materials via the QUT Blackboard Site. Adult learning approaches will be supported by online communication drawing on, and sharing the diversity and richness of experiences the group brings to their study. This group discussion online is effective when solving problems, discussing interpretation of case issues, sharing anecdotes to support decision-making, and supporting each other through the management of work/life/study. You will receive feedback on your understanding and application of new concepts through the completion of topic-based self-assessment activities and online quizzes.

## Assessment

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### General assessment information

Participation in the online discussion groups will give you a sense of your understanding of new concepts, and ability to interpret the literature, and areas needing further study. Criteria - referenced rubrics will provide feedback on the assessment items.

#### Assessment item No. 1

<b>Assessment type</b>	Literature Review
<b>Assessment item name</b>	Therapeutic Relationships Framework
<b>Description</b>	Develop a collaborative framework/protocol, detailing a communication plan, for a person in end of life care. Your plan should address the multiple factors that can impact on establishing and maintaining therapeutic relationships with the person, their family, relevant caregivers and the multidisciplinary health care team throughout end of life, extending to last days of life and after life. The framework/protocol will be supported by a critical review and evaluation of the literature. 2500 words

<b>Relates to learning outcomes</b>	1,2,4
<b>Weight</b>	40%
<b>Due date</b>	Mid program

## Assessment item No. 2

<b>Assessment type</b>	Professional plan
<b>Assessment name</b>	Case Study and Care Plan
<b>Description</b>	<p>You will design and implement a comprehensive individualised care plan for the person and their family. The care plan will provide the opportunity to apply palliative care principles to the assessment, planning and management of ongoing care.</p> <p>You will identify and describe a case from your experience. Your case study and care plan will address physiological, psychological, social and cultural needs and your care decisions will be justified using current and relevant evidence to support your clinical reasoning, and include an analysis and evaluation of the outcomes of care. Finally, you are to reflect on the concept of palliative care and unpack your views on your approach to caring for patients at end of life.</p> <p>3000 words.</p>
<b>Relates to learning outcomes</b>	1,2,3
<b>Weight</b>	60%
<b>Due date</b>	End of program

## Academic integrity

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QUT is committed to maintaining high academic standards to protect the value of its qualifications. To assist you in assuring the academic integrity of your assessment you are encouraged to make use of the support materials and services available to help you consider and check your assessment items. Important information about the university's approach to academic integrity of assessment is on your unit Blackboard site.

A breach of academic integrity is regarded as student misconduct and can lead to the imposition of penalties.

## Resource materials

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The required text for the unit is:

O'Connor, M., Lee, S., & Aranda, S. (2012). *Palliative care nursing: A guide to practice* (3rd ed.). North Melbourne: Ausmed Publications.

A course outline, study guide and readings will be available online.

## Risk assessment statement

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There are no specific risks associated with this unit.