

# Additional Skills for Registered Nurses Who Focus Primarily on Supporting People with Serious Illness

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This Learning Pathway contains a comprehensive set of training and tools to help RNs who focus primarily on supporting people with serious illness address the unique needs of patients and families. Clinical topics include assessing patient needs and concerns, understanding patients' goals for care, addressing symptom burden, and helping patients to avoid crises and plan for the future.

## Assess the Needs and Concerns of Patients

### Introduction to Palliative Care

An introduction to palliative care, how it is delivered, its impact on quality of life, and the growing population of patients who need it.

### Revised Edmonton Symptom Assessment System (ESAS-r)

Assesses for nine symptoms experienced by patients with serious illness and quantifies their severity. Alberta Health Services.

### PHQ-4 Validated Screening Tool for Anxiety and Depression

Brief (4-question) screening tool for anxiety and depression.

### Social Needs Screen

Assessment tool and resource list to address social risk factors.

### FICA Spiritual Assessment Tool

Short conversation guide to elicit information about a patient's spiritual history and preferences.

### Zarit Burden Interview (ZBI-12)

Self-reported caregiver assessment.

## **CAPC Palliative Care Referral Criteria**

Checklist of triggers for referral to a specialty palliative care team.

# **Strengthen the Clinician-Patient Relationship and Understand Care Goals**

## **Discussing Serious News**

Learn best practices for having patient-centered conversations about a serious illness diagnosis.

## **Clarifying Patient Goals of Care**

Learn best practices for building trust, eliciting patient values, and having patient-centered conversations about goals of care.

## **Responding to Emotion: Vital Talk Quick Guide for Conversations**

Conversation framework and key phrases to share empathy and deepen your relationship with your patient. Vital Talk, 2019.

## **Unconscious Bias: What It Is, How It Influences Health Care, and What You Can Do About It**

Defines unconscious bias and how it influences patient care, and provides ways to reduce the impact of unconscious bias on care delivery.

## **Talking with Patients About Hospice**

This resource lists step-wise tips to foster comfortable, productive dialogue for 'the hospice conversation'.

# **Manage Pain and Symptoms**

## **Course 3: Patient Factors that Influence Prescribing Decisions**

Patient and family factors that influence prescribing decisions for patients with serious illness.

## **Course 8: Monitoring for Opioid Efficacy, Side Effects, and Substance Use Disorder**

Ongoing evaluation of opioid benefits, risks, and side effects for the patient with serious illness.

## **Cognitive Assessment Tools**

Recommended validated cognitive assessment tools.

## **Anxiety**

After completing this course, learners will be equipped with evidence-based strategies to identify and treat anxiety in patients living with a serious illness.

## Constipation

Constipation occurs in at least 70% of patients living with a serious illness and often goes unrecognized. After completing this course, learners will have the tools to successfully identify and manage the impact of constipation.

## Depression

After completing this course, learners will have the tools to accurately identify and treat depression in patients living with a serious illness.

## Dyspnea

After completing this course, learners will have the tools they need to manage dyspnea, including the physical causes of shortness of breath and the emotional impact on the patient.

## Nausea/Vomiting

Nausea and vomiting are common symptoms of serious illness and can cause dangerous complications. After completing this course, learners will be equipped with practical skills to identify, manage, and reduce these symptoms.

# Prevent Crises and Help Patients Plan Ahead

## Supporting Patients with Serious Illness to Plan Ahead

Considerations for clinicians, patients, and families upon diagnosis, including advance care planning, personal care needs, legal and financial planning, work and retirement planning, and prevention of common medical risks.

## Reducing Risks for Older Adults

This course provides context and best practices for identifying older adults at risk for poor outcomes, including falls, delirium, and caregiving challenges.

## FindHelp.org

National database of community services - enter a zip code and locate assistance with food, housing, health services, care needs, and other resources.

## Psychosocial Assessment for Patients with Serious Illness

Assessment questions to help nurses understand the impact of serious illness on a patient's relationships, social and spiritual supports, financial stability, and trust in the health care system. Fast Facts, April 2020

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