

Module 21 – Palliative Care

Introduction

As a home care aide, you will work with many individuals with various disease processes, and those individuals will be in various stages of those disease processes. The overall goal of palliative care is to ease or relieve suffering. This suffering could be physical, psychological, and/or spiritual.

Objectives

At the end of the module, the nurse aide will be able to:

1. Explain the premise of palliative care
2. Differentiate between hospice and palliative care
3. Describe who could benefit from palliative care
4. Explain the home care aide's role in palliative care

Instructional Resource Materials

- Power Point for Module 21 – Palliative Care
- Handout/Activities

Module 21 – Palliative Care

Slides	Instructor’s Script	Notes
Slide 1 Title Slide	Script <ul style="list-style-type: none"> • Module 21 – Palliative Care 	
Slide 2	Script <ul style="list-style-type: none"> • Objectives - At the end of the module, the nurse aide will be able to: <ol style="list-style-type: none"> 1. Explain the premise of palliative care 2. Differentiate between hospice and palliative care 3. Describe who could benefit from palliative care 4. Explain the home care aide’s role in palliative care 	
Slide 3	Script <ul style="list-style-type: none"> • Palliative care is medical care or treatment that concentrates on reducing the severity of disease symptoms, rather than trying to stop, delay, or reverse progression of the disease itself. • The goal is to prevent and relieve suffering and to improve quality of life for people facing serious, complex illness. • Palliative care includes pain management, symptom management, and support for caregivers. • It is carried out by a multidisciplinary team of caregivers, which could include: <ul style="list-style-type: none"> ○ Medical doctor ○ Nurse ○ Nutritionist ○ Social worker ○ Chaplain ○ Massage therapist ○ Aroma therapist ○ Pharmacist ○ Home care aide ○ Or anyone else who can assist with pain management • Palliative care can assist with pain or suffering related to: <ul style="list-style-type: none"> ○ Fatigue ○ Constipation ○ Diet issues ○ Sleep disturbances ○ Depression and anxiety ○ Breathing problems ○ And many, many more 	
Slide 4	Script <ul style="list-style-type: none"> • Handout #1 - The World Health Organization (WHO) definition of palliative care. • Go over handout with students. Discuss and ask students if there are any bullets on the list that they might not have considered to be palliative care. 	

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<p>Slide 5</p>	<p>Script</p> <ul style="list-style-type: none"> • Palliative care is not the same thing as hospice care, and those services should not be used interchangeably. • Palliative care is not just to help terminal patients better handle pain. Hospice does focus on palliative care; however, there is non-hospice palliative care as well. • Hospice and non-hospice palliative care share similar goals: to provide symptom relief and pain management. • Hospice offers palliative care to those seeking end of life care. • Non-hospice palliative care is appropriate for anyone with a serious illness, whether the person is expected to fully recover, to live with a chronic illness, or to experience disease progression. • Anyone with a chronic or terminal illness could benefit from palliative care. 	
<p>Slide 6</p>	<p>Script</p> <ul style="list-style-type: none"> • Palliative care does not just focus on physical pain. • When a patient exhibits a physiological symptom such as pain, there are often psychological, social, and/or spiritual symptoms as well. • Palliative care not only helps improve emotional, mental, and spiritual well-being, it also supports family members of the patient by forming a partnership between the patient and his/her family and friends and the members of the palliative care team. • Examples of ways to help a patient through palliative care are: <ul style="list-style-type: none"> ○ Breathing/relaxation techniques ○ Temperature control (based on the patient's needs, not the rest of the households) ○ Pharmaceutical assistance (to be determined by the doctor, pharmacist, and nurse involved with the patient) ○ Exercise (if applicable) ○ Counseling, pastoral care, support groups, etc. ○ Repositioning often ○ Music or television preferences of the patient ○ Pet therapy or their personal pet 	
<p>Slide 7</p>	<p>Script</p> <ul style="list-style-type: none"> • Handout #2 - TIPS for the Nurse Aide's Role in Pain Management. • Ask students if they can think of any other ways to help alleviate pain. Do they know anyone personally or have they worked with someone who has benefited from palliative care? • Compare answers and discuss. 	

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<p>Slide 8</p>	<p>Script</p> <ul style="list-style-type: none"> • It is important that the home care aide be a member of the team working with a patient who is receiving palliative care. • Home care aides will be with the patient and will be carrying out the tasks on the care plan; therefore, it is important that the aide’s employer trains the home care aide. The home care aide should never perform a task from the care plan that he/she does not have knowledge in performing. 	
<p>Slide 9</p>	<p>Script</p> <ul style="list-style-type: none"> • Activity #1 – Pain/Interventions Examples • Have each student write down 2 or 3 things that they feel would/could cause pain. Encourage them to think about pain outside of physical pain as well. Have the students write down a suggestion as to how to deal with and ease that pain. Have students share their scenarios and suggestions. • Share this example with the class: A 28-year-old female has a brain tumor and has just discovered she is pregnant. She has always been faithful and a servant in her church. She now refuses to go to church and blames God for this situation. • What could the aide do in this situation? Listen, listen, and listen some more. Be supportive but never give answers such as, “it will all be ok.” Notify your supervisor and the rest of the team. They need to be aware of where she is with grieving so that intervention can take place appropriately and with the appropriate team member (e.g., Chaplain). 	
<p>Slide 10</p>	<p>Script</p> <ul style="list-style-type: none"> • As was discussed, palliative care does not just include physical pain. Spiritual and/or emotional pain is included in what needs to be cared for as well. • Patients and their families may be going through grief. • Grief over their health, their loved ones, the things they can no longer do, etc. • It is helpful for the nurse aide to be aware of how grief can present itself. It is unique and will vary with patients and families; however, the following is a well-known list of the 5 stages of grief. 	
<p>Slide 11</p>	<p>Script</p> <ul style="list-style-type: none"> • Handout #3 – The 5 Stages of Grief • Hand out to the students. Read aloud each stage. Discuss thoughts, impression, and opinions of students. 	

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Slide 12	Script <ul style="list-style-type: none">• Activity#2 – Examples of the 5 Stages of Grief.• After reading and discussing the 5 stages of grief, have each student write an example of a situation where a person would be in one of those stages. How would the person in that example transition through/out of that stage? Discuss the student's examples.	
Slide 13	Script <ul style="list-style-type: none">• Listening skills and communication skills are of the utmost importance right now as a home care aide. Patients may not be able to verbalize their pain or discomfort. Therefore, the home care aide should watch for changes in behavior and report findings to the nurse supervisor. This goes for all patients, not just those receiving palliative care.	