

# Palliative Care Registered Nurse Onboarding Curriculum

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This Learning Pathway contains recommended clinical training for new registered nurses on the specialty palliative care team.

## **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.

## **Delivering Serious News to Patients and Caregivers**

Learn best practices for having patient-centered conversations about a serious illness diagnosis. These discussions are the foundation of building a trusting clinician-patient relationship.

## **Communicating Prognosis to Patients and Caregivers**

Learn how to effectively discuss prognosis with patients and their caregivers to ensure understanding and set the context for decision-making.

## **Leading Goals of Care Conversations**

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

## **Conducting Effective Patient and Caregiver Meetings**

Learn to effectively lead conversations that address a range of concerns and emotions to help patients and caregivers become aligned around the patient's goals.

## **Care Planning Conversations**

Learn techniques to help patients and their caregivers plan for the future, both during the early stages of a serious illness and as a disease progresses.

## **Course 1: Pain and its Impact on Our Patients**

Learn to define and characterize pain, recognize the prevalence of pain, understand disparities in pain management based on race, ethnicity, and gender.

## **Course 2: How to Perform a Comprehensive Pain Assessment**

Learn the components of a comprehensive pain assessment and its importance in safe and effective pain management.

## **Course 3: Matching Treatment to Pain Type**

Gain an overview of pharmacologic and nonpharmacologic pain treatments, including risks and benefits, and learn how to match the analgesic to pain type.

## **Course 6: Creating a Pain Treatment Plan and Monitoring Effectiveness**

Learn to develop a pain treatment plan with realistic goals and proper documentation, and implement universal precautions to help with the risk of opioid use disorder.

## **Course 8: Problems with Opioid Prescribing: Is it an Opioid Use Disorder?**

Learn how to identify and diagnose opioid use disorder (OUD) and practice communicating with patients about OUD and pain management.

## **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.

## **Safe and Age-Friendly Care 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.

### **Supporting the Caregivers of People with Serious Illness**

This course offers tools and guidance for assessing and addressing the needs of caregivers of people with serious illness.

### **Coordinating Care and Planning Ahead**

Guidance for all clinicians on improving communication and ensuring smooth transitions of care for patients living with serious illness.

### **Mitigating Distress in People Living with Dementia and Their Caregivers**

Gain an overview of the experience of living with dementia and learn how to relieve distress for people living with dementia, and their caregivers.

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