Disclosures

Carma Erickson-Hurt has no real or perceived conflicts of interest that relate to this presentation.

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Objectives

1. Determine the assessment responsibilities and interventions needed to address the psychological aspects of care
2. Review the guidelines for spiritual, religions, and existential aspects of care
3. Discuss the professional responsibility in understanding the cultural beliefs, values, and practices which influence professional caregiver experience as well as the experience of the patient, family, and caregiver
4. Identify the nurse’s role in advocating for patient and family values, wishes, and preferences
5. Discuss the grief process
Introduction

- Palliative care
- Definitions
- Family
- Caregiver

Goals of Care

- Patient driven goals of care
- Criteria for best practice
- Goals of care are the outcome of advance care planning
- Several guides for goals of care discussions
- Principles of therapeutic behaviors
- Communication styles are critical
- Truthful and complete disclosure
- Barriers
- Favorable outcomes

Psychosocial Assessment

- Active listening
- Re-assessment
- Understanding of individual and family unit
- Expertise of interdisciplinary team (IDT)
- Differing perspectives and coping
- Verbal/nonverbal behaviors

Verbal, nonverbal communication impacted by:
- Literacy level
- Language/cultural differences
- Communication challenges
Psychosocial Assessment

- Involves specific areas of assessment:
  - Past/present functioning
  - Life-cycle state of family
  - Risk factors
  - Understanding of illness
  - Coping styles and strengths

- Needs, distress and perspectives
- Extended or distant family
- Emotionally distant family
- IDT care plan
- Community supports

Psychosocial Assessment

- Emotional and cognitive symptoms:
  - Anger and hostility
  - Confusion, delirium
  - Denial
  - Depression
  - Despair

- Fear and worry
- Guilt
- Sleep disturbances
- Suicidal/homicidal ideation

Psychosocial Interventions

- Individualized
- Collaborate with IDT
- Medical management and education
- Balanced approach
- Developmentally/culturally sensitive

- Balance stability and change
- Psychological and spiritual suffering might not be totally alleviated
- Various modes of delivery
- Counseling and referral
**Spiritual Aspects of Care**

Follow clinical practice guidelines
Spiritual IDT members

**Spiritual Assessment**

- Definition of spirituality
- Spiritual distress:
  - Common concerns causing spiritual distress
- Brief assessment:
  - Sample questions
  - Screening tools
  - FICA – Faith, Importance, Community, Address in care
  - SPIRIT
  - HOPE – sources of Hope, Organized religion, Personal practices, Effect on care

**Spiritual Interventions**

- Explore and acknowledge feelings
- Listen, pray, presence, touch
- Encourage verbalization
- Enhance sense of meaning
- Work with chaplains
- Evaluate for depression
- Explore priorities and goals
- Encourage life review
- Explore value of rituals
- Association with physical symptoms
- Spiritual competency
Cultural Aspects of Care

• Assessment
  • Develop knowledge
  • Cultural humility
  • Adapt and accommodate
  • Patient centered
  • Avoid family translators
  • Avoid stereotyping

• Cultural impact on care
  • Time orientation
  • Decision making
  • Roles
  • Food, privacy
  • Taboos, rituals
  • View of providers

Patient and Family Education

• Assess patient/caregiver strengths and limitations
• Teach primary caregivers techniques
• Adapt for language/culture
• Identify factors that influence learning:
  • Personal factors
  • Environmental challenges
  • Family dynamics/culture
  • Language/communication challenges

Patient and Family Education

• Seven steps to effective teaching:
  1. State the purpose/goal/objective
  2. Determine needs
  3. Plan or method of presenting material
  4. Time for learner to clarify
  5. Schedule time for practice
  6. Schedule time for evaluation
  7. Assess literacy and adapt
Patient and Family Education

- Assess caregivers ability to provide care:
  - Verbalize understanding
  - Return demonstration
  - Observe care
  - Assess caregiver
  - Compassion fatigue

- Instruct patient, family on:
  - End stage disease process
  - Pain/symptom management
  - Signs/symptoms as death nears
  - Seven dimensions of nearing death

Advocacy

- Definition
  - Assess needs for changes in levels of care or services
  - Encourage and support patient and family in sharing their decision making style
  - In collaboration with IDT inform about treatment options
  - Make referrals to augment expertise of IDT
  - Participate in the process of advance directive planning

Environment of Care

- Assessment of the environment
- Assess ability to respond to emergencies
- Assess physical and psychological/cognitive ability
- Home environment changes
- Systematic safety assessment
- Recognize need to modify or supplement plan of care
Environment of Care
Education and Assessment

• Inform how and when to access hospice services
• Instruct on procedures for medications/devices
• Educate on symptom management
• Monitor disposal of supplies/equipment
• Enhance comfort with medication/administration
• Handling of medications at time of death

Environment of Care
Education and Assessment

• Assess for abuse and neglect:
  • Physical indicators
  • Potential behavioral indicators in patient/family
  • Potential behavioral indicators on part of patient/family
  • Interventions

Grief and Loss

• Definitions
  • Grief
  • Mourning
  • Anticipatory grief
  • Disenfranchised grief
  • Complicated grief
  • Grief support
  • Grief therapy
Grief and Loss

• Grief process:
  • Early grief
  • Sorrow
  • Crying, irritability/poor concentration are common
  • Somatic distress
  • Normal grief evolves
  • Grief is highly individualized
  • Children and adolescents grieve differently

  • Table 7-1. Children’s Understanding of Death
  • Core Curriculum for the Hospice and Palliative Registered Nurse, 4th ed. 2015.

Grief in the Dying Patient

• Dying patients experience grief
• Persons who are “at peace” have less distress
• Active listening and honest communication
• Encourage life review
• Dignity therapy

Grief Support

• Death vigil support
• Encourage acceptance of individual differences
• Provide information
• Visit at time of death
• Sensitivity to cultural/religious practices
• Facilitate bereavement care
• Participate in personal or IDT process
• Provide emotional support for family/caregivers
• Assess for risk of complicated grief
Intimacy/Relationship Issues

• Relationship issues
• Intimacy
• Sexuality
• Challenges to sexual health
• Interventions