

Examination Content Outline

1	Assessment and Data Collection	44
A	Medical history and review of systems	
B	Physical examination	
C	Functional assessment	
D	Psychosocial and spiritual assessment	
E	Standardized assessment and prognostic tools	
F	Signs and symptoms of serious illness	
G	Advance care planning	
H	Disease progression and prognostication	
I	Signs of imminent death	
J	Unique needs of specific populations	
2	Intervention and Management	32
A	Diagnostic tests and procedures	
B	Pharmacologic therapies	
C	Non-pharmacologic interventions	
D	Complementary and alternative interventions	
E	Disease process and plan of care	
F	Hospice and palliative care emergencies	
G	Palliative sedation	
H	Life support devices	
3	Education and Communication	36
A	Age-appropriate teaching methods	
B	Communication theory and principles within the context of hospice and palliative care	
C	Strategies to overcome communication barriers	
D	Cultural and spiritual competence	
E	Grief, loss, and bereavement	
4	Professionalism and Practice	38
A	Principles of biomedical ethics	
B	Professional boundaries	
C	Scope of practice	
D	Opioid stewardship	
E	National hospice and palliative care standards and guidelines	
F	Self-care (burnout, compassion fatigue, moral distress)	
G	Clinical decision making	
H	Continuous quality improvement	
I	Hospice criteria	
J	Professional development	



Task Statements

1 Nursing Process in Caring for Patients and Families

A Assessment

- 1 Conduct a comprehensive patient assessment in the context of serious illness including functional and nutritional status, patient/caregiver knowledge, emotions and coping strategies, support systems, resources/needs, and environmental factors
- 2 Collect patient information (e.g., medical & psychosocial history, spiritual & cultural preferences, comprehensive review of systems, advance care planning documents, medical decision makers)
- 3 Perform a systems-based physical examination
- 4 Identify past and present goals of care and expectations in the context of health beliefs, values, and practices

B Diagnosis and Planning

- 1 Formulate and prioritize differential diagnoses and apply findings to develop the plan of care
- 2 Identify expected outcomes in relation to patient/caregiver goals of care, prognosis, and the improvement of quality of life
- 3 Develop interventions based on patient/caregiver values, goals, and preferences, prognosis, level of care, available resources, and expected risks and benefits
- 4 Establish safe, multimodal pain management plans

C Intervention and Evaluation

- 1 Collaborate with the interdisciplinary team to develop, implement, evaluate, and modify the plan of care based on changing functional status, illness trajectory, care system, and patient/caregiver goals
- 2 Communicate diagnoses, progression of disease, expected prognosis, and plan of care with the patient/caregiver and interdisciplinary health care team
- 3 Recommend strategies to address psychosocial needs (minimize caregiver burden, patient/caregiver vulnerability, coping, bereavement, emotional and spiritual health)
- 4 Implement pharmacologic therapies and facilitate nonpharmacologic interventions (e.g., palliative surgery, procedures, radiation, counseling, psychological therapy, complementary and alternative interventions)
- 5 Facilitate advance care planning and care coordination with inpatient and outpatient teams

2 Biomedical, Clinical, and Psychosocial-Behavioral Knowledge

A Disease Process

- 1 Explain the disease process and understand evidence-based palliative management for serious diseases and conditions
- 2 Recognize hospice and palliative care emergencies (e.g., spinal cord compression, hemorrhage, seizures, superior vena cava syndrome) and provide evidence-based management



- 3 Identify signs and symptoms associated with serious diseases and conditions and provide evidence-based management
- 4 Understand psychosocial, emotional, and spiritual needs and provide evidence-based management
- 5 Determine prognosis using evidence-based tools and comprehensive patient assessment
- 6 Explain the disease process and understand evidence-based palliative management for serious diseases and conditions
- 7 Recognize hospice and palliative care emergencies (e.g., spinal cord compression, hemorrhage, seizures, superior vena cava syndrome) and provide evidence-based management

B Serious Illness, Loss, Dying, Grief, and Bereavement

- 1 Identify common tenets of major religions and cultures in relation to serious illness, dying, and death
- 2 Address issues related to loss, bereavement, grief, and mourning in the context of culture, ethnicity, race, and other factors

3 Education and Communication

A Education (Patients, Caregivers, Health Care Communities)

- 1 Establish a therapeutic environment and apply age-appropriate teaching methods tailored to the needs of the patient, family, and other caregivers
- 2 Develop, implement, and evaluate formal and informal education

B Communication

- 1 Analyze own communication (verbal and nonverbal) and possible interpretations
- 2 Recognize and incorporate cultural differences when discussing hospice and palliative care
- 3 Create an environment for effective communication and demonstrate therapeutic presence while maintaining professional boundaries
- 4 Use appropriate principles and techniques to communicate serious news
- 5 Initiate and facilitate conferences among patient, family, caregivers, medical and interdisciplinary team members, and other key stakeholders

4 Professionalism

A Ethics

- 1 Promote principles of biomedical ethics
- 2 Address ethical issues related to withholding or withdrawing treatment, and non-beneficial treatment
- 3 Address ethical issues related to palliative sedation, medical aid in dying, and suicide

B Scope, Standards, and Guidelines

- 1 Identify and resolve issues related to scope of practice and practice protocols
- 2 Incorporate national hospice and palliative standards and guidelines into advanced nursing practice



C Leadership and Self-Development

- 1 Share knowledge through publications, presentations, precepting, and mentoring
- 2 Educate local, state, and national organizations, institutions, and individuals about hospice and palliative care (e.g., differentiate palliative care from hospice care)
- 3 Develop practice guidelines to advance hospice and palliative care
- 4 Identify and address burnout, compassion fatigue, and moral distress in self and others

5 Systems Issues

A Resource Access, Utilization, and Continuum of Care

- 1 Advocate for timely access to palliative care and hospice services
- 2 Develop hospice and palliative care programs and services
- 3 Identify potential barriers and resources to promote continuity of care across all settings
- 4 Maintain current knowledge of trends in legislation, policy, health care delivery, and reimbursement as they impact hospice and palliative care

B Quality Improvement

- 1 Participate in continuous quality improvement
- 2 Provide value-based, quality care

