

NURS-kit: 3

COMPLEX CARE IN THE PALLIATIVE AND END OF LIFE CARE

STUDENT'S GUIDE

Simulation training session for final year
nursing students

This document presented information regarding the pre-work, the simulation session and post work involved in using this NURSkIt resource:

Complex Care in the Palliative and End of Life Care

LEARNING OBJECTIVES

- The participant is able to assess the palliative care needs of a patient and their family using appropriate communication techniques when dealing with difficult conversations.
- The participant is able to recognize the current stage of grief in a patient needing palliative care and appreciate how this would influence the care management.
- The participant is able to prioritize the needs of the patient requiring palliative care and show ability to apply clinical reasoning following patient assessment.
- The participant is able to plan the nursing care required.

PRACTICAL CLINICAL SKILLS REQUIRED PRIOR TO SIMULATION:

- Ability to communicate effectively with the patient and pick up on the verbal and non-verbal cues during the assessment.
- Ability to undertake a physical and mental health assessment of a patient
- Ability to recognize the current stage of grief and to plan care for a patient requiring palliative care

WORK TO BE CARRIED OUT PRIOR TO SIMULATION:

Prior to simulation student needs to know theory about:

- National standards for palliative and end-of-life care
- Symptom management (EBMG: Palliative Treatment 2017)
- Different stages of grief
- Communication strategies for dealing with bad news (SPIKES, BREAKS)
- Knowledge and use of assessment frameworks e.g. Roper's model, Orem, Henderson



PRE-WORK – LISTEN TO REAL LIFE STORIES...

Listen to the three different real life stories on podcasts 1-3 before the simulation training session. The aim of the podcasts is to clarify your understanding about grief from the patient's perspective. The podcast will focus on descriptions of shock and denial, depression and acceptance. Please, listen them and prepare yourself for simulation session by concentrating to these questions:

1. What kind of thoughts did these stories provoke in you?
2. What do you think would you help these patients?

Podcast 1 - **The Birds of Last Winter**

Podcast 2 - **The Hardest Thing is to Get Up**

Podcast 3 - **How Precious is Time**

SIMULATION SCENARIO STARTS...

... when you receive a phone call from the hospital nurse giving the background information about the patient for you. She will ask you to manage the patient in her home environment. As you are listening to this phone call you might want to write some notes for yourself...

POST-WORK “WORLD CAFÉ”

Prepare yourself for the post-case reflection:

NURSkit 3 post-work

During the week following the simulation prepare yourself by reading the material on the suggested website below:

<https://www.caresearch.com.au/caresearch/tabid/2180/Default.aspx>

The post-reflection can be organized according to a Café Design Method. The method is particularly useful for increasing understanding of complex problem areas.

Cafe Etiquette:

- Focus on what matters
 - Contribute your thinking
 - Speak your mind and heart
 - Listen to understand
 - Link and connect ideas
 - Listen together for insights and deeper questions
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- Play, doodle, draw - writing on tablecloths or charts is encouraged.

Questions to be handled in the World Café

- How can you as a nurse be an optimal resource for a dying patient and her family?
- What underlying factor(s) can influence you as a nurse, when you are working with seriously ill and dying patients?
- What actions can you take so as to take care of yourself, when you are working with seriously ill and dying patients?

REFERENCES

Kanaskie, M. L. (2011). Incorporating café design principles into End-of-Life discussions: an innovative method for continuing education. *Journal Of Continuing Education In Nursing*, 42(4), 166-171.

<http://www.theworldcafe.com/key-concepts-resources/world-cafe-method/>

The following three Universities cooperated to produce this NURS-Kit 1

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Middlesex University, UK

