

# Hospice and Palliative Care Certification Review Course



## Course Description

The purpose of this two-day course is to enable the nurse to successfully pass the examination to be certified in hospice and palliative care. The information presented is applicable to nurses working with adults in diverse settings since patients with end-stage diseases reside either temporarily or permanently in multiple arenas. The dying process is included as it is imperative for nurses to understand and provide comfort and knowledge to patients and families.

## Program Learning Outcomes

*This program prepares the learner to:*

- Integrate and apply the knowledge, skills and judgment to practice effectively and ethically in designated role of caring for seriously ill patients.
- Apply the specific scope and standards of palliative care principles to patients based on their goals of care in serious illness.
- Articulate the compassion, sensitivity, assessment and communication skills required for palliative nursing.
- Acquire the knowledge and skills necessary to successfully obtain certification in this specialty.
- Remain current in the practice of palliative care as this specialty evolves.

## Agenda

*Sign-in begins at 7:30 am.* Each day includes a one-hour lunch (on your own), as well as a morning and afternoon break of 15 minutes each. The order of lectures presented and break times may vary according to speaker preference.

### Day 1, 8:00 am to 4:00 pm

- 0800 **Introduction and Overview**  
Registration | Scheduling the Examination | Weight of Content Topics
- 0830 **Cancer**  
Hematologic | Oncologic | Paraneoplastic
- 0845 **Neurological Disorders and Stroke**  
Amyotrophic Lateral Sclerosis | Nutrition and Hydration | Autonomic Symptoms | Goals of Care Decisions | ICU Placement for Poor Outcome
- 0900 **Dementia**  
Food and Fluid Decisions | Delirium | Medication Use and Behavioral Therapies
- 0915 **Cardiopulmonary Heart Failure**  
Medications for Pain and Dyspnea | Fluid Balance | Dyspnea | Fatigue | Devices that Extend Life
- 0930 **Break**
- 0945 **COPD**  
Pathophysiology of the Disease | Oral and Inhaled Medications | Respiratory Distress | Opioid Use | Dyspnea | Anxiety | Exacerbations | Oxygen Use | Non-Invasive Ventilator Support
- 1000 **Renal Failure**  
Diseases of the Kidneys | Assessing Glomerular Filtration Rate | Fluid Balance | Medical Management | Dialysis Decisions | Specific Analgesia Required
- 1015 **Liver Failure**  
Causes | Ascites | Encephalopathy | Medications for Discomfort | GI Bleeding | Endoscopic Intervention for Esophageal Varices | MELD Scoring for Liver Failure Severity | Cachexia

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- 1030 **Palliative Symptom Management**  
Review Goals of Care | Distressing Symptoms | Anorexia/Cachexia | Mobility | Skin Protection
- 1045 **Pain Management: Assessment and Evaluation**  
Past History | Current Etiology | Types of Pain | Psychosocial | Existential | Cultural | Fear | Depression
- 1145 **Lunch**
- 1245 **Pain Management: Assessment and Evaluation (cont.) and Pharmacologic Interventions**  
WHO Ladder | APS 12 Principles | Appropriate Pain Scales | Medications | Baseline and Breakthrough Pain | Side Effects | Equianalgesic Determination | Adjuvant Medications | Spiritual Issues | Therapies
- 1400 **Break**
- 1415 **Symptom Management**  
Dyspnea and Cough | Nausea and Vomiting | Constipation | Delirium | Depression | Anxiety
- 1530 **Hospice and Palliative Emergencies**  
Complications | Superior Vena Cava Syndrome | Spinal Compression | Acute Hemorrhage
- 1600 **Adjourn**

## **Agenda**

### **Day 2, 8:00 am to 4:00 pm**

- 0800 **Approach to Test-Taking**
- 0845 **Care of the Patient and Family**  
Grief Process | Types of Grief | Bereavement Plan
- 0945 **Break**
- 1000 **Care of the Patient and Family (cont.) and Medicare Hospice Benefit**  
Goals of Care | Risks and Benefits of Interventions | Assess for Desired Place of Death | Patient/Surrogate Elect the Benefit | Desired Hospice | Requirements for Certifications | Four Levels of Care
- 1100 **Education and Advocacy**  
Learning Styles | Teaching Responsibilities | Communication Strategies
- 1145 **Lunch**
- 1245 **Care of the Imminently Dying Patient and Management of Symptoms**  
Signs and Symptoms | Change in Respirations | Mottling | Restlessness | Near-Death Awareness | Rales  
Dyspnea | Explanation of Interventions | Pharmacological and Non-Pharmacological | Spiritual Support | Presence | Teach Family to Recognize Stages in the Dying Process
- 1415 **Break**
- 1430 **Professional and Regulatory Issues**  
Nursing Standards | Practice Guidelines | Advance Directives | Professional Responsibilities | Domains of Care | Evidenced-Based Practice | Quality Assurance Practices
- 1530 **Review Questions**
- 1600 **Adjourn**

## Accreditation

### RN/LPN/LVN/Other: 13 Contact Hours

MED-ED, Inc. is accredited as a provider of continuing nursing education by the American Nurses Credentialing Center's Commission on Accreditation (**ANCC**).

MED-ED, Inc. is an approved provider by the following State Boards of Nursing: **Florida**/FBN 50-1286, **Iowa**/296, **California** #CEP10453.

If your profession is not listed, we suggest contacting your board to determine your continuing education requirements and ask about reciprocal approval. Many boards will approve this seminar based on the accreditation of the boards listed here.

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