

# Clinical Review for the Generalist Hospice and Palliative Nurse (CHPN)



## Course Description

This is a review of the principles and processes of hospice and palliative care: the provision of care for the patient with life-limiting illness. Emphasis is on the physical, psychosocial, emotional and spiritual needs of the patient and family. This is a collaborative process with an interdisciplinary team. The topics are intended to prepare the attendee to succeed in being certified in this specialty. The course is an opportunity to bring expertise to the daily challenges of providing skilled care, pain and symptom management as well as comfort to patients who may be receiving palliative care or end-of-life care and support for the family.

## Program Learning Objectives

*This program prepares the learner to:*

- Identify areas of practice that need enhanced study.
- Acquire the knowledge and skills necessary to become certified in this specialty.
- Increase the comfort level of the nurse when caring for patients with life-limiting conditions.
- Assist the employer, public and other healthcare providers through the assessment and treatment of patients who need this specialized care.

## 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 **Course Introduction and Test Overview**

0830 **Goals and Decisions in Palliative Care**

National Consensus Project for Quality Palliative Care | Prognosis Requirements for Hospice Admission | Functional Assessment | Hospice Care vs. Palliative Care Differences | Advance Directives

0930 **Break**

0945 **Pain Assessment and Impact on Patients, Families, System**

Principles of Effective Pain Management | Classes of Analgesic and Adjuvant Medications | Barriers to Effective Pain Management | Use of an Equianalgesic Chart for Opioid Conversions

1145 **Lunch**

1245 **Life-Limiting Conditions**

Cardiac | Pulmonary | Kidney | Hepatic | Cancer | Neurological Diseases | Treatment Modalities | Assessment of Patient and Family Response to Disease Progression

1400 **Sample Review Questions**

1430 **Break**

1445 **Care at the Time of Dying**

Etiology of Common Symptoms | Interventions for Symptom Relief | Hydration and Nutrition | The Physical Environment | Family Response and Coping During the Dying Process

1600 **Adjourn**

# Agenda

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

- 0800 **Symptom Assessment and Management in Serious Illness**  
Anorexia and Cachexia | Dyspnea | Nausea and Vomiting | Bowel Obstruction | Pressure Ulcers | Constipation | Delirium
- 0930 **Break**
- 0945 **Symptom Assessment and Management in Serious Illness (cont.)**
- 1030 **Spiritual Care**  
Spiritual Distress and Suffering | Meaning | Hope | Forgiveness | Life Review
- 1130 **Lunch**
- 1230 **Grief and Bereavement Principles**  
Stages of Coping | Physical and Psychological Manifestations | Worden's Tasks of Mourning | Rando's Process of Bereavement | Complicated Grief
- 1330 **Disease Complications**  
Spinal Cord Compression | Superior Vena Cava Syndrome | Hypercalcemia | Airway Obstruction | Hemorrhage | Seizures
- 1430 **Break**
- 1445 **The Medicare Hospice Benefit**  
Four Levels of Care | Contractual Components | Reassessments | Interdisciplinary Meetings | Documentation of Needed Services | Professional and Regulatory Issues | Revocation
- 1545 **Q & A Session**
- 1600 **Adjourn**

## Accreditation

### RN/LPN: 13 Contact Hours

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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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