

LTC/Transition to Practice Palliative Modules	Learning Objectives	Interactive pieces or reflective questions
Foundations of Palliative Care (40 min)	• Define palliative care in clear, practical terms, including its purpose and goals in everyday nursing practice • Explain how palliative care differs from end-of-life care, and when each approach may be used • Describe how palliative care supports patients/residents across the course of illness, not only in the final days or hours of life • Recognize how cultural background, spirituality, family values, and personal beliefs influence experiences of illness, suffering, and care • Identify the nursing role in providing compassionate, culturally responsive palliative care within long-term care and community settings	Reflective Questions How has a person with a serious illness been cared for in the healthcare systems you've worked in before? • What might change in nursing practice when the goal shifts from cure to comfort? • When have you already been providing palliative care without calling it that?
Advanced Care Planning and Difficult Conversations (33 min)	• Apply communication strategies that are sensitive to cultural, spiritual, and family values • Respond therapeutically to emotional distress and uncertainty • Describe Advance Care Planning as an ongoing, culturally informed, values-based process • Identify clinical situations that should prompt Advance Care Planning conversations • Integrate goals, values, and priorities of care into nursing discussions and documentation	Case Study pause to discuss with participants Reflective Questions Communication & Emotional Support - How do I adapt my communication when patients or families are experiencing emotional distress, uncertainty, or cultural differences, especially in difficult conversations? Advance Care Planning - What clinical changes or situations prompt me to initiate or revisit Advance Care Planning, and how do I frame it as an ongoing, value-based conversation rather than a one-time task?

Symptom Management Across the Palliative Trajectory (1 hr 11min)	• Describe the basic principles of symptom management in palliative care, emphasizing comfort, quality of life, and whole-person care • Identify common symptoms experienced by palliative patients/residents, including pain, shortness of breath, agitation, anxiety, secretions, and changes in intake • Apply a basic nursing approach to symptom assessment, including observation, questioning, and consideration of physical, emotional, cultural, and spiritual factors • Recognize how cultural beliefs, past experiences, and personal values may influence symptom expression and care preferences • Implement non-pharmacological comfort measures to support symptom relief and reduce distress • Recognize symptom patterns that may indicate progression toward end of life and the need to re-evaluate goals of care and care planning	Symptom Management game incorporated into slides Case Study pause for discussion Reflective Questions • How do you usually know when a patient/resident is uncomfortable? • What symptoms are hardest for you to assess or interpret? • How might culture or personal history influence how someone expresses pain or distress?
End-of-Life Care: Last Days and Hours (53 min)	• Recognize signs that a patient/resident is actively dying, including physical, behavioral, and functional changes • Describe goals of care in the last days and hours of life, emphasizing comfort, dignity, and presence • Identify the role of medications at end of life, focusing on symptom relief rather than cure • Apply basic nursing principles related to medication management at end of life, including comfort-focused use, reassessment, and monitoring effectiveness and burden • Understand common medication approaches used in the last days and hours at a conceptual level (pain, breathlessness, agitation, secretions) • Respect cultural, spiritual, and family practices related to dying and death, including beliefs about medications and sedation • Provide anticipatory guidance to families about expected changes during active dying and the role of comfort-focused care	Reflective Questions • What changes tell you someone may be in the last days or hours of life? • What worries families most when these changes happen? • What helps you stay grounded when caring for someone who is actively dying?

Teamwork, Consultation & System Navigation (14 min)	• Describe the nursing role in coordinating palliative and end-of-life care, ensuring care is organized, communicated, and aligned with patient/resident goals and wishes • Explain the importance of patient/resident-centered decision-making, recognizing patients/residents and chosen families as core members of the care team • Demonstrate how effective teamwork supports patient/resident-centered care through clear communication and shared understanding • Advocate for cultural, spiritual, and personal values within team discussions and care planning • Identify triggers for consultation with specialized palliative care and supportive services • Describe how collaborative practice supports continuity, safety, and quality of care	Reflective Questions • Who are your key partners when caring for a palliative patient/resident? • What makes teamwork work well and what makes it harder? • How do we keep the patient/resident at the center when many voices are involved? • Are there any services that you don't know how to contact?
Emotional Resilience & Self-Care (37 min)	• Recognize the emotional impact of caring for seriously ill and dying patients/residents across cultures • Reflect on personal values, beliefs, and assumptions influencing emotional responses and nursing practice • Identify personal emotional triggers and their impact on communication, boundaries, and well-being • Differentiate between empathy and sympathy and describe how empathetic presence supports professional boundaries • Identify signs of moral distress, cumulative grief, and compassion fatigue • Apply strategies supporting personal and team resilience, peer support, and help-seeking	Bumper stickers check in - Direction in the slide show Case study- Reviewed in slides then pause for group discussion Mindfulness exercise to be done as presenting Reflective Questions (Silent or Paired) • What situations tend to stay with you after work? • What emotional triggers have you noticed in yourself? • How does empathy help your practice—and when does it become overwhelming?