Case Study – Nursing Home

- Annie – 83 – Resident for 1 year
- Supportive family visit often
- Recently diagnosed with pancreatic cancer; no treatment planned
- A palliative care needs assessment...
Annie

- First thoughts/actions:
  - How did it come about? (hospital admission?)
  - What information do you have/require?
  - Collateral from family?
  - How are you feeling about it?
Remember!

- Be yourself – just add the Palliative Care filter
- Domains are useful guide; but avoid rigidity
- They don’t have to be followed in order
- An empathic response will reap benefits for patient and caregiver
## TABLE 1 PROMPTS FOR THE FOUR DOMAINS FOR PALLIATIVE CARE ASSESSMENT

### DOMAIN 1 PHYSICAL WELLBEING: SUGGESTED PROMPTS

- **Pain**
  Somatic, visceral, neuropathic.
  Take a detailed pain history outlining:
  - location, quantity, intensity, duration, frequency
  - associated/aggravating relieving factors
  - treatment interventions

- **Fatigue**
  Fatigue disproportionate for level of activity or not relieved by rest.

- **Respiratory**
  Dyspnoea, cough, oropharyngeal secretions

- **Gastrointestinal**
  Anorexia, nausea, vomiting, constipation.

- **CNS**
  Insomnia, confusion, delirium, anxiety, depression.

- **Other**
  Functional status, balance problems, oedema, wound problems.

### DOMAIN 2 SOCIAL & OCCUPATIONAL WELL-BEING: SUGGESTED PROMPTS

- **Family Support**
  Invite discussion about family & relationships:
  - who lives with you?
  - any children/adult dependents?
  - any concerns/worries regarding family or personal relationships?

- **Emotional & Social Support**
  Do you have any other support e.g. PHN, home help, private carers, friends, neighbours?
  Do you need more support? What would help?

- **Practical Concerns and Advance Care Planning**
  Discussion about practical issues:
  How are you managing?
  Any difficulties in: mobilising, managing the stairs, household chores e.g. washing cooking etc?
  Any concerns about future care needs, income, finances, sorting out your affairs?

**What are the person’s wishes regarding:**

- goals of care?
- acceptable levels of intervention?
- preferred place of care (person and family)?
DOMAIN 3 PSYCHOLOGICAL WELLBEING:  
SUGGESTED PROMPTS

- **Mood & Interest**
  How is your mood?
  During the last month have you:
  – been feeling down and/or hopeless? Lost enjoyment in interests?
  – are you depressed? Do you feel tense or anxious?
  – have you ever had a panic attack?
  – Are there things you are looking forward to?

- **Adjustment to Illness**
  What is your understanding of your illness?
  Note the time since diagnosis and see if the person is still in shock, or has had a period of emotional adjustment (sadness and anger).
  Sensitive to explore the person’s expectations/goals.

- **Resources and Strengths**
  What is a source of support for you? Look for a range: people, hobbies, faith, beliefs.

- **Total Pain**
  Uncontrolled multidimensional pain e.g. psychological, spiritual pain.
  Consider whether distress is contributing to physical symptoms.
  Are there psychological, emotional, social, spiritual issues that may be contributing to symptoms?

- **Pre-existing Mental Illness**
  Persons with a history of current or past mental health problems may be particularly at risk of psychological distress

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DOMAIN 4 SPIRITUAL WELL BEING:  
SUGGESTED PROMPTS

- **Sources of Hope**
  What gives you hope (strength, comfort, peace) in the time of illness?

- **Organised Religion**
  Are you part of or member of religious or spiritual group? Does it help you? How?

- **Personal Spirituality & Practice**
  What aspects of your spiritual beliefs do you find most helpful and meaningful personally?

- **Effect on Medical Care and End of Life Issues**
  How do your beliefs affect the kind of care you would like to provide over the next few days/weeks/months?
Competency Framework – 6 Domains

- 1 - Principles of palliative care
- 2 - Communication
- 3 - Optimising comfort and quality of life
- 4 - Care planning and collaborative practice
- 5 - Loss, grief and bereavement
- 6 - Professional and ethical practice in the context of palliative care
Competence Framework

The framework describes core competences and discipline specific competences for twelve health and social care disciplines. It is envisioned that the framework will inform academic curricula and professional development programmes and so foster greater inter-professional and inter-organisational collaboration in palliative care provision.

Palliative Care Competence Framework (Full Document)

Palliative Care Competence Framework - View by chapter.

- Medicine
- Nursing and Midwifery
- Health Care Assistants
- Social Work
- Occupational Therapy
- Physiotherapy
- Speech and Language Therapy
- Dietetics / Clinical Nutrition
- Pharmacy
- Psychologists
RESOURCES

- Palliative Care Competence Framework, available on HSE website (discipline specific)

  http://www.hse.ie/eng/about/Who/clinical/natclinp rog/palliativecareprogramme/Resources/competenc e%20framework.html

  www.aiihpc.org – links to the palliative hub – online courses, resources etc.