

15. End of Life, Palliative Care and Terminal Illness

End of Life, Palliative Care and Terminal Illness				
Task / Activity	Self-Assessment / Date	Competency Assessed Y / N	Competency Achieved	Signed off by Clinical Assessor / Date
<p>Knowledge and Education</p> <ul style="list-style-type: none"> • Demonstrate an understanding of the holistic care of the patient at the end of their life or requiring palliative care.¹⁹¹ • Demonstrate an understanding of the pathophysiology of dying. • Demonstrate an understanding of identification of the patient at the end of their life or requiring palliative care.¹⁹² • Demonstrate an understanding of the holistic assessment of the patient at the end of their life or requiring palliative care.¹⁹³ • Demonstrate an understanding of the pharmacological treatments used to control symptoms for patients at the end of their life or requiring palliative care.^{194 195} • Demonstrate an understanding of the importance of supporting families and carers through end of life or palliative care.¹⁹⁶ • Demonstrate an understanding of advanced care planning in end of life and palliative care.¹⁹⁷ • Demonstrate an understanding of the need to review current treatments and medicines optimisation in end of life and palliative care.¹⁹⁸ • Demonstrate an understanding of advanced care planning and be able to discuss this with the patient and their significant others, ensuring any communication with the patient is well documented and easily accessible.¹⁹⁹ • Demonstrate an understanding of anticipatory prescribing (by a suitable prescribing clinician) of medications for the control of symptoms common in end of life and palliative care including but not limited to: 				

¹⁹¹ <https://www.nice.org.uk/guidance/ng142/chapter/Recommendations>

¹⁹² <https://www.nice.org.uk/guidance/ng142/chapter/Recommendations#identifying-adults-who-may-be-approaching-the-end-of-their-life-their-carers-and-other-people>

¹⁹³ <https://www.nice.org.uk/guidance/ng142/chapter/Recommendations#assessing-holistic-needs>

¹⁹⁴ <https://bnf.nice.org.uk/medicines-guidance/prescribing-in-palliative-care/>

¹⁹⁵ <https://cks.nice.org.uk/topics/palliative-care-general-issues/management/terminal-phase/#care-adjustments-in-the-terminal-phase>

¹⁹⁶ <https://cks.nice.org.uk/topics/palliative-care-general-issues/management/management-approach/#addressing-needs-of-family-carers>

¹⁹⁷ <https://www.nice.org.uk/guidance/ng142/chapter/Recommendations#advance-care-planning>

¹⁹⁸ <https://bnf.nice.org.uk/medicines-guidance/medicines-optimisation/>

¹⁹⁹ <https://www.nice.org.uk/guidance/ng142/chapter/Recommendations#advance-care-planning>

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Task / Activity	Self-Assessment / Date	Competency Assessed Y / N	Competency Achieved	Signed off by Clinical Assessor / Date
<ul style="list-style-type: none"> ○ Constipation.²⁰⁰ ○ Cough.²⁰¹ ○ Dyspnoea.²⁰² ○ Malignant skin ulcer.²⁰³ ○ Nausea and vomiting.²⁰⁴ ● Demonstrate an understanding of referral pathways to specialist palliative care teams in accordance with local provision:²⁰⁵ <ul style="list-style-type: none"> ○ Oral symptoms.²⁰⁶ ○ Pain.²⁰⁷ ○ Secretions.²⁰⁸ ● Demonstrate an understanding of the changing needs of the family and carers and signpost to appropriate support.^{209 210} ● Demonstrate an understanding of the changing clinical status of the dying patient. <p>Patient Care</p> <ul style="list-style-type: none"> ● Be able to elicit the patients understanding of their current condition and what palliative and end of life care is, and provide information support resources as appropriate.²¹¹ ● Be able to understand the communication needs and expectations of the patient.²¹² ● Recognise the signs and symptoms of pain and distress, and seek advice. ● Be able to have a shared decision making discussion with the patient to help them think about: 				

²⁰⁰ <https://cks.nice.org.uk/topics/palliative-care-constipation/>

²⁰¹ <https://cks.nice.org.uk/topics/palliative-care-cough/>

²⁰² <https://cks.nice.org.uk/topics/palliative-care-dyspnoea/>

²⁰³ <https://cks.nice.org.uk/topics/palliative-care-malignant-skin-ulcer/>

²⁰⁴ <https://cks.nice.org.uk/topics/palliative-care-nausea-vomiting/>

²⁰⁵ <https://www.nice.org.uk/guidance/ng142/chapter/Recommendations#providing-multipractitioner-care>

²⁰⁶ <https://cks.nice.org.uk/topics/palliative-care-oral/>

²⁰⁷ <https://cks.nice.org.uk/topics/palliative-cancer-care-pain/>

²⁰⁸ <https://cks.nice.org.uk/topics/palliative-care-secretions/>

²⁰⁹ <https://cks.nice.org.uk/topics/palliative-care-general-issues/management/management-approach/#addressing-needs-of-family-carers>

²¹⁰ <https://www.mariecurie.org.uk/help/support/being-there>

²¹¹ <https://www.mariecurie.org.uk/help/support/ Diagnosed/recent-diagnosis/palliative-care-end-of-life-care?msclkid=0050f6c51adc1f30a88992fecbd8bfd5>

²¹² <https://cks.nice.org.uk/topics/palliative-care-general-issues/management/management-approach/#assessing-managing-psychological-needs>

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<ul style="list-style-type: none"> ○ Advanced care planning.²¹³ ○ Medication optimisation.²¹⁴ ○ Identifying preferred place of death.²¹⁵ ○ Out of hours care.²¹⁶ ● Be able to recognise their psychological needs and signpost to appropriate assessment and support.^{217 218} ● Be able to recognise the patient’s social, religious, spiritual and cultural needs and signpost to the appropriate support.^{219 220} ● Be able to work collaboratively with community nursing and palliative care teams to ensure a co-ordinated approach to care.²²¹ ● Integrate working with Adult Community Nursing colleagues. ● Attend palliative care meetings within the practice as per local practice. ● Be able to recognise when patient complexity exceeds competence and refer on to suitable senior clinician or specialist service. 				

²¹³ <https://www.nice.org.uk/guidance/ng142/chapter/Recommendations#advance-care-planning>

²¹⁴ <https://www.nice.org.uk/guidance/ng142/chapter/Recommendations#reviewing-current-treatment>

²¹⁵ <https://www.mariecurie.org.uk/media/press-releases/marie-curie-responds-to-research-on-patients-being-denied-wish-to-die-at-home/103382>

²¹⁶ <https://www.nice.org.uk/guidance/ng142/chapter/Recommendations#providing-out-of-hours-care>

²¹⁷ <https://cks.nice.org.uk/topics/palliative-care-general-issues/management/management-approach/#assessing-managing-psychological-needs>

²¹⁸ <https://www.mariecurie.org.uk/help/support/terminal-illness/wellbeing/depression-anxiety>

²¹⁹ <https://www.mariecurie.org.uk/help/support/terminal-illness/wellbeing/emotional-spiritual-pain>

²²⁰ <https://www.mariecurie.org.uk/help/support/terminal-illness/wellbeing/emotional-spiritual-pain>

²²¹ <https://www.nice.org.uk/guidance/ng142/chapter/Recommendations#communicating-and-sharing-information-between-services>