

Nursing Curricula Resource Guide

The Canadian Virtual Hospice has created this Guide for nursing educators to provide quick access to evidence-informed teaching tools for lectures and student projects. The Guide is organized by themes based on a review of nursing curricula from across Canada. You can find video clips by research and clinical experts and family members; caregiving demonstration videos; articles; research summaries; 'Asked and Answered' questions for the public and health care providers; and clinical practice guidelines. Simply click on the resource you wish to view to be directly linked to the online materials. Our resources are meant to be shared – print, email, download, show! The guide will be updated on an ongoing basis as content is added to the website. If you have questions, please contact us at info@virtualhospice.ca.

Special thanks to the following nursing faculty members who contributed to the Guide: Dr. Patricia Strachan, McMaster University; Dr. Sharon Kaasalainen, McMaster University; Dr. Manon Champagne, Université du Québec en Abitibi-Témiscamingue; Dr. Genevieve Thompson, University of Manitoba; and Dr. Christine McPherson University of Ottawa.

Aussi disponible en français.

Resource Guide for Nursing Curricula

Group titles	Topics/ The Exchange	Asked and Answered (Support and For Professionals tabs)	Gallery (Videos)	Tools For Practice
Palliative Care Approach	<ul style="list-style-type: none"> • <u>What is palliative care</u> • <u>Dying Well: Why we all need to have end of life conversations</u> 	<ul style="list-style-type: none"> • <u>How do you know when someone is ready for palliative care?</u> • <u>How is eligibility for palliative care decided? What procedure is followed?</u> • <u>What are the criteria for being admitted to a hospice?</u> • <u>What's the difference between palliative care at home and palliative care at the hospital?</u> 	<ul style="list-style-type: none"> • <u>The Story About Care</u> • <u>The Four Things that Matter Most</u> • <u>Whole person care: preserving what matters most</u> • <u>Palliative Care: dignity and comfort</u> 	<ul style="list-style-type: none"> • <u>99 common questions (and more) about hospice palliative care: a nurses handbook, 4th ed.</u> • <u>Canadian Hospice and palliative care Association Fact Sheet: Hospice Palliative Care in Canada</u> • <u>Valuing Caregiving and Caregivers: Family Caregivers in the Integrated Approach to Palliative Care</u> • <u>The Way Forward National Framework</u>
Navigating the Trajectory of Illness	<ul style="list-style-type: none"> • <u>Health care decisions: an approach to decision making and advance care planning</u> 	<ul style="list-style-type: none"> • <u>How do you know when someone is ready for palliative care?</u> • <u>How is eligibility for palliative care decided? What procedure is followed?</u> • <u>How is the decision made as to whether to continue with radiation treatments?</u> • <u>When is the right time to discontinue life support?</u> • <u>When is the right time to stop tube feeding?</u> 	<ul style="list-style-type: none"> • <u>Three trajectories of illness at end of life part 1</u> • <u>Three trajectories of illness at end of life part 2: caregivers</u> • <u>Three trajectories of illness at end of life part 3: health systems</u> 	

Group titles	Topics/ The Exchange	Asked and Answered (Support and For Professionals tabs)	Gallery (Videos)	Tools For Practice
Impact of Life Threatening Illness	<ul style="list-style-type: none"> • <u>Living with limited time: exploring feelings</u> 		<ul style="list-style-type: none"> • <u>Assessing quality of life</u> • <u>Supporting family caregivers</u> • <u>Supporting family caregivers</u> • <u>When a child is seriously ill: family dynamics</u> • <u>When a child is seriously ill: impact on family</u> • <u>When a child is seriously ill: providing family centered care</u> • <u>Challenge of family caregiving</u> 	<ul style="list-style-type: none"> • <u>End of life care: how you can help stressed surrogates</u> • <u>Supporting and Strengthening Families Through Expected and Unexpected Life Events - March 2006</u>
Attitudes, Beliefs and Values	<ul style="list-style-type: none"> • <u>10 Myths About Palliative Care</u> 	<ul style="list-style-type: none"> • <u>Does morphine make death come sooner?</u> 	<ul style="list-style-type: none"> • <u>Society's fear of dying</u> • <u>Dignity in care</u> • <u>Palliative Care: dispel the myths of hastening death</u> 	
Relational Ethics in Caring Practice		<ul style="list-style-type: none"> • <u>What is moral distress?</u> 	<ul style="list-style-type: none"> • <u>Assessing quality of life</u> • <u>Dignity in care</u> • <u>Relational ethics: the ethics of the everyday</u> • <u>Being an advocate</u> 	<ul style="list-style-type: none"> • <u>Clinical ethics-based decision process</u> • <u>Dignity and the essence of medicine: the A, B, C, D of dignity conserving care</u> • <u>Dignity in care: time to take action</u> • <u>Palliative care as a human right (public health fact sheet)</u>

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Communication	<ul style="list-style-type: none"> • <u>What do I say?</u> 	<ul style="list-style-type: none"> • <u>When caring for patients with advanced disease, we struggle with knowing how to initiate conversations related to palliative end-of-life care. Can you offer suggestions?</u> • <u>I am aware that the patient has the right to know or not to know if he or she is dying, even if the family wishes otherwise. Do you have any articles or hints on how to talk about this delicate topic with family members?</u> • <u>One of my patients makes racist remarks while I am caring for him. Sometimes they are about me and sometimes about other staff. I find it very demeaning, but I don't know what to do about it.</u> • <u>What communication strategies would you recommend for conflicts between palliative team members?</u> 	<ul style="list-style-type: none"> • <u>Cancer pain: talking with patients and families</u> • <u>Patient communication: truth telling and hope</u> • <u>Talking with patients and families: challenges and tips</u> • <u>The importance of asking questions</u> • <u>The importance of being authentic</u> • <u>Universal precautions in patient communication</u> • <u>When a child is going to die: breaking bad news</u> 	<ul style="list-style-type: none"> • <u>Ambiguous loss and grief</u> • <u>Communication with patients and families</u> • <u>Empathy: the human connection to patient care</u> • <u>End of life care – strategies for optimizing family & team communications</u> • <u>Family meetings in palliative care: multidisciplinary clinical practice guidelines</u> • <u>Guiding decisions about end-of-life care</u> • <u>Provider-patient communication: a report of evidence-based recommendations to guide practice in cancer</u> • <u>Relationship management: helpful information for health care providers when challenged by “difficult” patients</u> • <u>Social history implementation module</u> • <u>The palliation of stroke</u>

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Decisions	<ul style="list-style-type: none"> • <u>Advance care planning across Canada</u> • <u>Health care decisions: an approach to decision making and advance care planning</u> • <u>Physician Assisted Suicide and Euthanasia: Introduction</u> • <u>Physician Assisted Suicide and Euthanasia: The Issues</u> • <u>Planning a Home Funeral</u> • <u>What Health Care Professionals Need to Know about Physician-Assisted Suicide and Euthanasia</u> 		<ul style="list-style-type: none"> • <u>Advance care planning</u> • <u>Crucial conversations: providing a roadmap for decisions</u> • <u>Talking with patients and families: challenges and tips</u> 	<ul style="list-style-type: none"> • <u>Advance care planning video</u> • <u>Advance Care Planning Workbook</u> • <u>Advanced care planning / Decision making in Palliative Care</u> • <u>Cancer and advance care planning: tips for oncology professionals</u> • <u>Clinical ethics based decision process</u> • <u>Decision-making for the end of life</u> • <u>End of life treatment and care: good practice in decision-making a draft for consultation</u> • <u>Guiding decisions about end-of-life care</u>
Palliative Care Emergencies				<ul style="list-style-type: none"> • <u>Exsanguination</u> • <u>Hypercalcemia in malignant disease (palliative management)</u> • <u>Twitching / Myoclonus / Seizures</u> • <u>Spinal cord compression</u> • <u>When cancer spreads to bone: spinal cord compression</u>

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Pain	<ul style="list-style-type: none"> • <u>Pain</u> 	<ul style="list-style-type: none"> • <u>Can you recommend a conversion chart when rotating from one opioid to another?</u> • <u>Which is the best opioid to use in a patient with renal impairment?</u> • <u>Does someone become less sleepy once the body adjusts to a changed dose of pain medication?</u> • <u>How do you use a pain scale?</u> • <u>How does pain affect a person's sleep?</u> • <u>What causes pain associated with bone metastasis?</u> • <u>Is there something other than Tylenol® that can be given for bone pain due to cancer?</u> • <u>What are the side effects of morphine? Does morphine change someone's physical appearance?</u> • <u>What happens if someone has a morphine overdose? Is there a certain amount of morphine that can cause an overdose?</u> • <u>What is hydromorphone? Why might someone be switched from morphine to hydromorphone?</u> • <u>What's the difference between hydromorphone, morphine, Dilaudid® and fentanyl patches? When would each of these be used?</u> • <u>Does Morphine make death come sooner?</u> 	<ul style="list-style-type: none"> • <u>Assessing and managing pain</u> • <u>Cancer pain: talking with patients and families</u> • <u>Pain and cognitive impairment: reading the cues</u> • <u>Pain and suffering in children: understanding and assessing</u> • <u>Peter Kirk – pain and symptom management (Vancouver Island symptom assessment)</u> • <u>The difference between pain and suffering</u> • <u>Steven Passik: myth of opioid addiction: educating patients</u> • <u>Managing patients with current, past or potential addiction issues</u> • <u>Risk factors for addiction</u> 	<ul style="list-style-type: none"> • <u>Achieving pain control in pediatric palliative care</u> • <u>Assessing the pain in older adults with dementia</u> • <u>Assessment and management of pain</u> • <u>Best practice guidelines for the management of cancer related pain in adults</u> • <u>DS-SAT-The discomfort scale</u> • <u>Incident pain</u> • <u>Intraspinal techniques for pain management in cancer patients</u> • <u>National cancer institute (U.S.)</u> • <u>Non-communicative patient's pain assessment instrument (NOPPAIN)</u> • <u>PACSLAC: The pain assessment checklist</u> • <u>Pain assessment for the cognitively/ communicatively impaired (PACCI)</u> • <u>Pain assessment in advanced dementia scale (PAINAD)</u> • <u>Pain, suffering and spiritual assessment</u> • <u>Palliative care incident pain and incident dyspnea protocol</u>

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Pain (continued)				<ul style="list-style-type: none"> • <u>Principles of opioid management</u> • <u>The use of gabapentin and tricyclic antidepressants in the treatment of neuropathic pain in cancer patients: a clinical practice guideline</u> • <u>WRHA pain assessment & management clinical practice guidelines</u>
Other Symptoms: Assessment and Management		<ul style="list-style-type: none"> • <u>What can be expected as leukemia progresses?</u> • <u>What can be expected with colon cancer that has spread to the lungs and liver?</u> • <u>What can be expected with liver cancer?</u> • <u>What can be expected with liver metastasis?</u> • <u>What can be expected with Non-Hodgkin's lymphoma?</u> • <u>What can be expected with radiation therapy for throat cancer?</u> • <u>What can be expected with kidney failure?</u> 	<ul style="list-style-type: none"> • <u>Symptom assessment and the Edmonton symptom assessment scale</u> • <u>Symptom Management</u> 	<ul style="list-style-type: none"> • <u>99 common questions (and more) about hospice palliative care: a nurses handbook, 4th ed.</u> • <u>Basic symptom control in paediatric palliative care: the rainbows children's hospice guidelines 8th</u> • <u>ESAS-r: Edmonton symptom assessment system revised</u> • <u>Guidelines for the use of complementary therapies in hospice residences</u> • <u>Palliative care education guide for health professionals – fort mcpherson</u> • <u>Palliative care: easing the journey with care, comfort and choices</u> • <u>Ascites practice guideline</u>

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Other Symptoms: Assessment and Management (continued)				<ul style="list-style-type: none"> • Palliative performance scale (version 2) PPSv2 • Symptom assessment acronym • Ten steps to better prognostication • WRHA PCH end-of-life symptom management pathways & resources
Respiratory Symptoms: Assessment and Management	<ul style="list-style-type: none"> • Shortness of breath 	<ul style="list-style-type: none"> • Is it better to use morphine or Dilaudid to treat dyspnea in end-stage heart failure? • What is the best approach to decreasing respiratory secretions at the end of life? • Can something be done to manage respiratory secretions when someone is dying? • Are there any medications to help someone who has difficulty breathing? • What can be expected as lung cancer progresses? • What can be expected with advanced COPD? • Does oxygen usage prolong life or is it for comfort care? 		<ul style="list-style-type: none"> • 2011 CTS Guideline: Managing dyspnea in patients with advanced chronic obstructive pulmonary disease • Canadian lung association COPD information • Chronic obstructive pulmonary disease (COPD) • Cough • Dyspnea (resource) • Dyspnea: hospice palliative care symptom guideline • Managing hiccoughs • Palliative care incident pain and incident dyspnea protocol • Symptom management in comfort end-of-life care of pneumonia • Terminal secretions/ congestion • Victoria respiratory congestion scale (VRCS)

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Cardiovascular Symptoms: Assessment and Management	<ul style="list-style-type: none"> • <u>Communicating with Patients with Advanced Heart Failure about End-of-Life Issues</u> 	<ul style="list-style-type: none"> • <u>Is it better to use morphine or Dilaudid to treat dyspnea in end-stage heart failure?</u> • <u>What can be expected with congestive heart failure?</u> 	<ul style="list-style-type: none"> • <u>Symptom control & communication issues for heart failure and stroke patients at end of life</u> • <u>Deactivating Implantable cardio-defibrillators (ICDs) at end of life</u> • <u>Congestive heart failure: A palliative approach</u> 	<ul style="list-style-type: none"> • <u>A toolkit: the management of lymphedema in lower extremities by subcutaneous drainage</u> • <u>Canadian cardiovascular society consensus conference recommendations on heart failure 2006: diagnosis and management</u> • <u>Congestive heart failure</u> • <u>Heart failure care</u> • <u>Palliation of end-stage heart disease: three things you need to know</u> • <u>The palliation of stroke</u>
Bowel Symptoms: Assessment and Management	<ul style="list-style-type: none"> • <u>Constipation</u> 	<ul style="list-style-type: none"> • <u>How would you treat constipation in a patient with advanced cancer?</u> • <u>I have heard that there is a two-week window for the use of polyethylene glycol? Does it lose its effectiveness after a certain time period?</u> • <u>Is there a recommended time of day to take Dulcolax?</u> • <u>Is there a recommended time of day to take polyethylene glycol, such as Lax-A-Day and Restoralax?</u> • <u>Is there a recommended time of day to take sennosides, such as Senokot?</u> • <u>Is there a role for docusate when treating constipation in palliative care?</u> 	<ul style="list-style-type: none"> • <u>Treating Constipation</u> 	<ul style="list-style-type: none"> • <u>Bowel care</u> • <u>Constipation and cancer: patient information sheet</u> • <u>Constipation assessment & management algorithm (WRHA)</u> • <u>Diarrhea: patient information sheet</u> • <u>Malignant bowel obstruction</u> • <u>Victoria bowel performance scale (BPS) and management guideline</u>

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Bowel Symptoms: Assessment and Management (continued)		<ul style="list-style-type: none"> • <u>Does needing a laxative to have a bowel movement mean there's a bowel obstruction?</u> • <u>How long can someone live with a blocked large intestine?</u> 		
Nausea and Vomiting: Assessment and Management	<ul style="list-style-type: none"> • <u>Nausea and vomiting</u> 	<ul style="list-style-type: none"> • <u>What do you suggest for a patient with constant nausea?</u> 		<ul style="list-style-type: none"> • <u>Best practice guidelines for the management of nausea and vomiting in cancer patients</u> • <u>Nausea and vomiting</u> • <u>Nausea and vomiting: patient information sheet</u>
Nutrition Symptoms: Assessment and management	<ul style="list-style-type: none"> • <u>Dehydration</u> • <u>Lack of appetite and loss of weight</u> • <u>Swallowing problems in degenerative brain diseases</u> • <u>Artificial Nutrition and Hydration: Is it Really What you Want?</u> 	<ul style="list-style-type: none"> • <u>Can you provide some guidance about oral nutrition at the end of life?</u> • <u>How long can someone live without food or water?</u> • <u>What can be done to improve someone's appetite?</u> 		<ul style="list-style-type: none"> • <u>Basic mouth care: caring for those with dentures/false teeth/no teeth</u> • <u>Basic mouth care: caring for those with natural teeth</u> • <u>Cancer anorexia</u> • <u>Choking and swallowing assessments in LTC: clinical indicators and guidelines</u> • <u>Daily mouth care: special considerations</u> • <u>Dehydration</u> • <u>Loss of appetite</u> • <u>Loss of appetite algorithm</u> • <u>Nutrition & cachexia</u> • <u>Pocket guide: loss of appetite</u> • <u>Swallowing difficulties</u>

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Nutrition Symptoms: Assessment and management (continued)				<ul style="list-style-type: none"> • Symptom management guidelines (related to nutrition) • Tube feed or not to tube feed? • Working through daily mouth care
Integument: Assessment and Management	<ul style="list-style-type: none"> • Preventing Pressure Sores • Malignant Wounds 	<ul style="list-style-type: none"> • Do you have any suggestions for managing odour from a fungating cancerous wound? 	<ul style="list-style-type: none"> • Taking a wound management approach • Wound management • Wound prognosis 	<ul style="list-style-type: none"> • Care of radiation skin reactions • Chronic ulcerating malignant skin lesions • Kennedy terminal ulcers • Malignant wounds • Winnipeg regional health authority malignant wounds guideline
Neurological Symptoms: Assessment and Management	<ul style="list-style-type: none"> • Fatigue • Sleep disturbances • Swallowing difficulties with degenerative brain disease 	<ul style="list-style-type: none"> • Confusion • What causes drowsiness in patients with lung cancer? • Fatigue • What causes hallucinations in patients with cancer? • Does someone become less sleepy once the body adjusts to a changed dose of pain medication? • How does pain affect a person's sleep? • What can be expected as brain cancer progresses? • How do we care for someone with ALS? 	<ul style="list-style-type: none"> • Life Goes on: living with Alzheimer's • Challenges of providing care for people with dementia • Benefits of palliative care for people with ALS 	<ul style="list-style-type: none"> • A caregiver's handbook for advanced-stage Huntington disease • Amyotrophic lateral sclerosis – a review • Amyotrophic lateral sclerosis (ALS) • Cognitive impairment in the elderly – recognition, diagnosis and management • Doloplus 2 • Fatigue • Guide to ALS patient care for primary physicians

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Neurological Symptoms: Assessment and Management (continued)		<ul style="list-style-type: none"> • <u>What can be expected as cerebral palsy progresses?</u> • <u>What can be expected with end-stage multiple sclerosis?</u> • <u>What can be expected with end-stage Alzheimer disease?</u> • <u>What can be expected with end-stage liver disease?</u> 		<ul style="list-style-type: none"> • <u>MS and palliative care Schwab & England activities of daily living scale (Parkinson's disease)</u>
Delirium: Assessment and Management	<ul style="list-style-type: none"> • <u>Confusion</u> 			<ul style="list-style-type: none"> • <u>Caregiving Strategies for Older Adults with Delirium, Dementia and Depression</u> • <u>Confusion assessment method (CAM)</u> • <u>Delirium (resource)</u> • <u>Delirium / Restlessness</u> • <u>Delirium: best practice quick reference guide for care of older persons</u> • <u>Guideline on the assessment and treatment of delirium in older adults at the end of life</u> • <u>Richmond agitation sedation scale</u>
Depression: Assessment and Management	<ul style="list-style-type: none"> • <u>Depression</u> 		<ul style="list-style-type: none"> • <u>Palliative care and mental illness</u> 	<ul style="list-style-type: none"> • <u>Bereavement risk assessment tool (BRAT)</u> • <u>Care giving strategies for older adults with delirium, dementia, and depression</u> • <u>Depression in the terminally ill</u>

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Complementary Therapies			<ul style="list-style-type: none"> • Art Therapy: helping people come to terms with end-of- life • Art therapy: a journey back to soul 	<ul style="list-style-type: none"> • Massage therapy article • Music therapy • Music therapy association of British Columbia-palliative care • Physiotherapy in Palliative care • Refractory symptoms and palliative sedation therapy guideline
Spiritual and Cultural	<ul style="list-style-type: none"> • Finding meaning and purpose during a health crisis • Rituals for patients and families • Rituals to comfort families • Spirituality and life-threatening illness • Completing the Circle: End of Life Care with Aboriginal Families 	<ul style="list-style-type: none"> • As a palliative care physician who does not believe in God, I have felt awkward when patients ask me to pray with them. How do I support them in their religious beliefs and practices while maintaining my own integrity? • How can we help a patient create her legacy and share it before she dies? She has no family and is relatively new to our area, but she wants to know she won't be forgotten. What can we do? • I am caring for an elderly patient who believes that he will be healed miraculously. As he continues to deteriorate physically, he struggles with the possibility that he may not have enough faith to be healed. What can I say to him? ' 	<ul style="list-style-type: none"> • Accommodating cultural diversity • Barriers to palliative care delivery in first nation communities • Common questions health providers ask about end of life for aboriginal people • Completing the circle: end of life care with aboriginal families • End-of-life care: The circle continues • Completing the circle: healing words about end of life spoken to aboriginal families part 1 • Completing the circle: healing words spoken to aboriginal families part 2 	<ul style="list-style-type: none"> • 99 common questions (and more) about hospice palliative care: a nurses handbook, 4th ed. • A dictionary of patients' spiritual & cultural values for health care professionals • Aboriginal (Canada) palliative care – communication within the family • Complementary spiritual practices in professional chaplaincy • Cultural & spiritual sensitivity: a learning module for health care professionals • Cultural competence and cross cultural care

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Spiritual and Cultural (continued)		<ul style="list-style-type: none"> • <u>One of my work colleagues has recently found out she has a terminal illness. She comes from a different culture than mine – how can I be sensitive to her needs and offer help?</u> • <u>I am caring for an elderly patient who does not allow us to control her pain because she believes that her physical suffering is a sacrifice that will help her son to get to heaven. Her struggle with pain is upsetting to the whole team and to her family, but we feel helpless to do anything about it. Do you have any advice?</u> • <u>We regard spirituality as an important aspect of palliative care. However, we do not have regular chaplain services in our program and so it often gets neglected. How can we broach spiritual issues with patients?</u> • <u>My religious beliefs and practice support me in my palliative care work. I find it easy to talk about spirituality and religious faith with my patients. I also pray with them when they request it. However, how do I pray with someone from another religion who prays to a different God than I do?</u> 	<ul style="list-style-type: none"> • <u>Donna: coming to terms with end of life the truth of it</u> • <u>Donna: living with end of life the truth of it</u> • <u>Grief and aboriginal people</u> • <u>Responding to cultural needs</u> • <u>Why are there 40 people in the room?</u> • <u>The privilege of caring</u> 	<ul style="list-style-type: none"> • <u>Cultural traditions and healthcare beliefs of some older adults</u> • <u>FACT: Spiritual history tool</u> • <u>FICA spiritual history tool</u> • <u>Health and the human spirit: shaping the direction for the spiritual health care in Manitoba</u> • <u>Indigenous perspectives on death and dying</u> • <u>Pain, suffering, and spiritual assessment</u> • <u>Taking a spiritual history, 2nd ed</u>

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Spiritual and Cultural (continued)		<ul style="list-style-type: none"> • <u>Our homecare nurses visit a mother of teenage children who is deteriorating rapidly after a long illness. She wants to continue treatments that are no longer effective and is not willing to consider palliative care. She says that she will never quit fighting for life because that would mean she has lost hope. Do you have any suggestions about how we can support her and her family?</u> 		
Psychosocial and Emotional	<ul style="list-style-type: none"> • <u>Anxiety</u> • <u>Stress and distress</u> • <u>Sexuality at the End of Life</u> • <u>The Value of Current Distress Screenings in Cancer Clinics</u> • <u>The Patient Dignity Inventory: A Novel Way of Measuring Dignity-Related Distress in Palliative Care</u> 	<ul style="list-style-type: none"> • <u>We have a middle-aged patient who appears troubled and anxious much of the time. When he is alone, his anxiety increases almost to the point of panic. His physical symptoms are well controlled, but he seems to be suffering emotionally and, perhaps, spiritually. He does not talk easily about what he is experiencing. How can we respond to his anxiety?</u> 	<ul style="list-style-type: none"> • <u>Assessing quality of life</u> • <u>Dignity in care</u> • <u>Donna: coming to terms with end of life the truth of it</u> • <u>Donna: living with end of life the truth of it</u> • <u>Facing death anxiety</u> • <u>Mindfulness and palliative care</u> • <u>When a patient is in denial: life closure and completion – a case study</u> • <u>How do you hold on to personhood?</u> • <u>Patient dignity inventory</u> • <u>Patient Dignity Therapy</u> • <u>Family members and the quiet time before death</u> 	<ul style="list-style-type: none"> • <u>99 common questions (and more) about hospice palliative care: a nurses handbook, 4th ed.</u> • <u>Caregiving strategies for older adults with delirium, dementia, and depression</u> • <u>Empathy: the human connection to patient care</u> • <u>Orienting ourselves to hospice palliative care work</u> • <u>Palliative care education guide for health professionals – fort mcpherson</u> • <u>Palliative care: easing the journey with care, comfort and choices</u>

Group titles	Topics/ The Exchange	Asked and Answered (Support and For Professionals tabs)	Gallery (Videos)	Tools For Practice
Psychosocial and Emotional (continued)				<ul style="list-style-type: none"> • <u>Practical thoughts, tips & questions to enhance psychosocial care</u> • <u>Psychosocial assessment</u> • <u>Psychosocial care</u> • <u>Social history implementation module</u> • <u>Anxiety in palliative care – causes and diagnosis (#186)</u> • <u>PSSCAN-R psychological screening</u> • <u>Psychosocial assessment</u> • <u>Psychosocial care</u> • <u>Sexuality assessment for older adults</u> • <u>Social history implementation module</u>
End –of-Life Care	<ul style="list-style-type: none"> • <u>Children at the bedside of a dying family member or friend</u> • <u>How long have I got?</u> • <u>The moments after a death</u> • <u>When death is near</u> • <u>Assessing and Managing a Request for Hastened Death</u> 	<ul style="list-style-type: none"> • <u>What happens when someone is near death?</u> • <u>Why do some people become suddenly alert for a while right before dying?</u> 	<ul style="list-style-type: none"> • <u>Assessing quality of life</u> • <u>End of life in long term care facilities</u> • <u>Three trajectories of illness at end of life part 1</u> • <u>Three trajectories of illness at end of life part 2: caregivers</u> • <u>Three trajectories of illness at end of life part 3: health systems</u> • <u>Preparing for death and dying</u> 	<ul style="list-style-type: none"> • <u>99 common questions (and more) about hospice palliative care: a nurses handbook, 4th ed.</u> • <u>Comfort care rounds module</u> • <u>Final Days</u> • <u>Guideline for Estimating Prognosis</u> • <u>Orienting ourselves to hospice palliative care work</u> • <u>Palliative care in the emergency department</u> • <u>Palliative Care: Care vs. Cure?</u>

Group titles	Topics/ The Exchange	Asked and Answered (Support and For Professionals tabs)	Gallery (Videos)	Tools For Practice
End –of-Life Care (continued)			<ul style="list-style-type: none"> • <u>Empowering families through caregiver training</u> • <u>Dying at home: empowering the patient</u> 	<ul style="list-style-type: none"> • <u>Palliative care: easing the journey with care, comfort and choices</u> • <u>PATH: A New Approach to End-of-Life Care</u> • <u>PC P.E.A.R.L.S: 7 key elements of person-centred care</u> • <u>Surgical grand rounds: palliative care (presentations)</u> • <u>Ten steps to Better Prognostication</u> • <u>The common sense guide to improving palliative care</u> • <u>Transforming the Way We Die</u>
Unique Populations	Pediatrics			
		<ul style="list-style-type: none"> • <u>A teen I see in my general practice has experienced the recent death of his close friend in a car accident. He does not seem to want to talk about things and is very angry. His parents are concerned. I would appreciate information on how teenagers typically deal with grief.</u> • <u>As a novice clinician, I am wondering how to best support a teenage boy who is dying of leukemia.</u> 	<ul style="list-style-type: none"> • <u>Children’s grief reactions and tips for supporting them</u> • <u>Pain and suffering in children: understanding and assessing</u> • <u>When a child is going to die: breaking bad news</u> • <u>When a child is seriously ill: family dynamics</u> • <u>When a child is seriously ill: how palliative care can help</u> • <u>When a child is seriously ill: impact on family</u> 	<ul style="list-style-type: none"> • <u>3-A Grief Intervention</u> • <u>99 common questions (and more) about hospice palliative care: a nurses handbook, 4th ed.</u> • <u>Adolescents and young adults with cancer</u> • <u>After a Loved One Dies – How Children Grieve: And How Parents and Other Adults Can Support Them</u> • <u>Approaching grief</u>

Group titles	Topics/ The Exchange	Asked and Answered (Support and For Professionals tabs)	Gallery (Videos)	Tools For Practice
Unique Populations (continued)		<ul style="list-style-type: none"> • <u>How do I respond to a young mother who is dying and needs guidance on how to talk and act with her three- and five-year-old children?</u> • <u>I am a community home care nurse in a rural area. A five-year-old boy in our small town has recently been diagnosed with a brain tumour. He is expected to live only a couple months. I have never cared for a child with a terminal illness, and I am wondering what I need to know?</u> • <u>What should our health care team keep in mind as we support a Dad with three young children under the age of 10 years whose wife recently died from breast cancer?</u> • <u>As a health care provider, how do I respond to the statement: I am just a little kid, I do not want to die?</u> 	<ul style="list-style-type: none"> • <u>When a child is seriously ill: providing family centered care</u> • <u>Working in pediatric palliative care</u> • <u>Nurses and grief: when a child dies</u> • <u>Part I: Love and Sorrow: Dealing with the death of a Child with Special Needs</u> • <u>Part II: Love and Sorrow: Dealing with the death of a Child with Special Needs</u> • <u>Pain and suffering in children: assessing and understanding</u> 	<ul style="list-style-type: none"> • <u>Palliative care: easing the journey with care, comfort and choices</u>
	Older Adults			
	<ul style="list-style-type: none"> • <u>Palliative Care and Dementia</u> 	<ul style="list-style-type: none"> • <u>What can be expected with end-stage Alzheimer disease?</u> 	<ul style="list-style-type: none"> • <u>End of life in long term care facilities</u> • <u>Pain and Cognitive Impairment: Reading the Cues</u> • <u>LGBT end-of-life conversations</u> • <u>An end-of life conversation with Dr. Brian de Vries and Dr. Gloria Gutman (LGBT focus)</u> • <u>Dying in long term care</u> 	<ul style="list-style-type: none"> • <u>Caring for Seniors With Alzheimer's Disease and Other Forms of Dementia</u> • <u>Seniors in need, caregivers in distress: What are the home care priorities for seniors in Canada?</u> • <u>Ambiguous loss and grief</u>

Group titles	Topics/ The Exchange	Asked and Answered (Support and For Professionals tabs)	Gallery (Videos)	Tools For Practice
Grief, Loss and Bereavement	<ul style="list-style-type: none"> • <u>Grief in times of celebration: the empty spot</u> • <u>Grief work</u> • <u>Holiday Sorrows and Precious Gifts</u> 	<ul style="list-style-type: none"> • <u>A teen I see in my general practice has experienced the recent death of his close friend in a car accident. He does not seem to want to talk about things and is very angry. His parents are concerned. I would appreciate information on how teenagers typically deal with grief.</u> • <u>After a death, how important is it for the family physician to maintain contact with the patient's family?</u> 	<ul style="list-style-type: none"> • <u>Anticipatory mourning grief is a constant companion through illness</u> • <u>Children's grief reactions and tips for supporting them</u> • <u>Dealing with grief: personal pathways</u> • <u>Grief and aboriginal people</u> • <u>Grief choices</u> • <u>Grief reactions: guilt</u> • <u>Grief reactions: relearning the world</u> • <u>Grief: the soul and spirit</u> • <u>Health care provider grief</u> • <u>How long will grief last? Living with loss</u> • <u>Impact health care providers can have on family grief</u> • <u>Love never has to end an exercise</u> • <u>Love never has to stop: the heart of grief</u> • <u>Metaphors for understanding grief</u> • <u>Nurses and grief: when a child dies</u> • <u>Supporting someone who is grieving (Cairns)</u> • <u>The importance of being authentic</u> 	<ul style="list-style-type: none"> • <u>3-A Grief Intervention</u> • <u>After a Loved One Dies – How Children Grieve: And How Parents and Other Adults Can Support Them</u> • <u>Ambiguous loss and grief: a resource for health care providers</u> • <u>Approaching grief</u> • <u>Palliative care: easing the journey with care, comfort and choices</u> • <u>Surviving spousal bereavement: insights for GPs</u> • <u>When Death Darkens the Door</u>

Group titles	Topics/ The Exchange	Asked and Answered (Support and For Professionals tabs)	Gallery (Videos)	Tools For Practice
Grief, Loss and Bereavement (continued)			<ul style="list-style-type: none"> • <u>Supporting someone who is grieving (Renzenbrink)</u> • <u>Metaphors for understanding grief</u> • <u>Caregiver needs: a personal reflection</u> 	
Self-Care for the Nurse	<ul style="list-style-type: none"> • <u>Caring for yourself</u> • <u>Dancing on the Edge: The Value of Maintaining Therapeutic Boundaries in Palliative Care</u> • <u>Mindfulness and Reflective Practice: Enriching personal and professional growth</u> 		<ul style="list-style-type: none"> • <u>Health care provider grief</u> • <u>Moral distress in providing palliative care</u> • <u>Nurses and grief: when a child dies</u> • <u>Self-care for professionals: a personal reflection</u> • <u>Self-care: making you a better healer</u> • <u>Recognizing compassion fatigue</u> • <u>Addressing compassion fatigue</u> • <u>Self-care for professionals: a personal reflection</u> 	<ul style="list-style-type: none"> • <u>Impact of death and dying on the personal lives and practices of palliative and hospice care professionals</u> • <u>Music as self-care</u>