

## Course Syllabus Palliative Essentials for Health Care Aides

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### *Palliative Essentials for Health Care Aides*

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#### Methodology

8 hours: 08:00-16:00

face to face delivery; Onsite

Presentation, group discussion, case studies and group activities

Certificate of completion provided with contact hours

For up to 10 students.

#### Course Description

This course will build on your current caregiving strengths and equip you to provide high quality, culturally sensitive, palliative care to your clients and their family members. Additionally, you will learn the importance of self-care and reflection. This course is applicable to all health care settings, Long Term Care, Home & Community Care and Private Care Homes. You will earn a NOHS Certification in Palliative Education for Health Care Assistants.

#### Course Objectives

The participant be able to describe changing illness trajectories and learn to integrate a palliative approach to care

The participant will learn communication and psychosocial support for clients and families during the end of life stages

The participant will learn practical approaches and tools to supporting Pain, Suffering and Symptom Management

The participant will learn about personal care and nutrition needs at end of life

The participant will learn about what active dying looks like, care during the final hours and minutes and about loss and grief

The participant will learn about the role of the support worker and the importance of self-care and reflection

#### Student Expectations

Be actively involved in your learning.

Share your knowledge and expertise with others.



Participate in small and large group discussions.

Maintain confidentiality in all aspects of the course.

### Instructor Expectations

I will foster an open and positive learning environment in which all voices and views are respected.

I will respond to all phone calls and messages in a timely manner.

I will lead the entire class with respect for the individual and for the group.

### Course Schedule

This high-level schedule below captures the expected activities for each Module.

Palliative Care Essentials for Health Care Assistants: Agenda	
8:00am to 8:15am	Refreshments, Welcome, and Overview of the Day
8:15am to 9:00am	Module 1: Changing Illness Trajectories and the Integrated Palliative Approach to Care
9:00am to 10:30 am	Module 2: Communication and Psychosocial Support
10:30am to 10:45am	<i>Morning Break</i>
10:45am to 12:00pm	Module 3: Pain, Suffering, and Symptom Management
12:00pm to 12:30pm	<i>Lunch</i>
12:30pm to 2:00pm	Module 4: Personal Care and Nutrition
2:00pm to 3:00pm	Module 5: Dying, Final Hours of Care, and Loss and Grieving
3:00pm to 3:15pm	<i>Break</i>
3:15pm to 4:00pm	Module 6: The Role of Support Workers and Self Care

### Evaluation

Course attendance and active participation are contingent for completion of course. Course evaluation to be done on conclusion.

### Rubric

Criteria	Meets Expectations	Below Expectations
Active participation	Voluntarily contributes to discussion without prompting.	Does not contribute unless directly queried. May also dominate discussion. Misses more than one live session.
Relevance of participations	Contributions are always relevant to current topics of discussion.	Contributions are distracting.
Quality of Participation	Listens and responds appropriately to contributions of others. Balances Participation.	Inattentive; possibly disruptive.