

Implementation of a Palliative and Hospice Care Educational Program in Long-Term Care Facilities

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Introduction

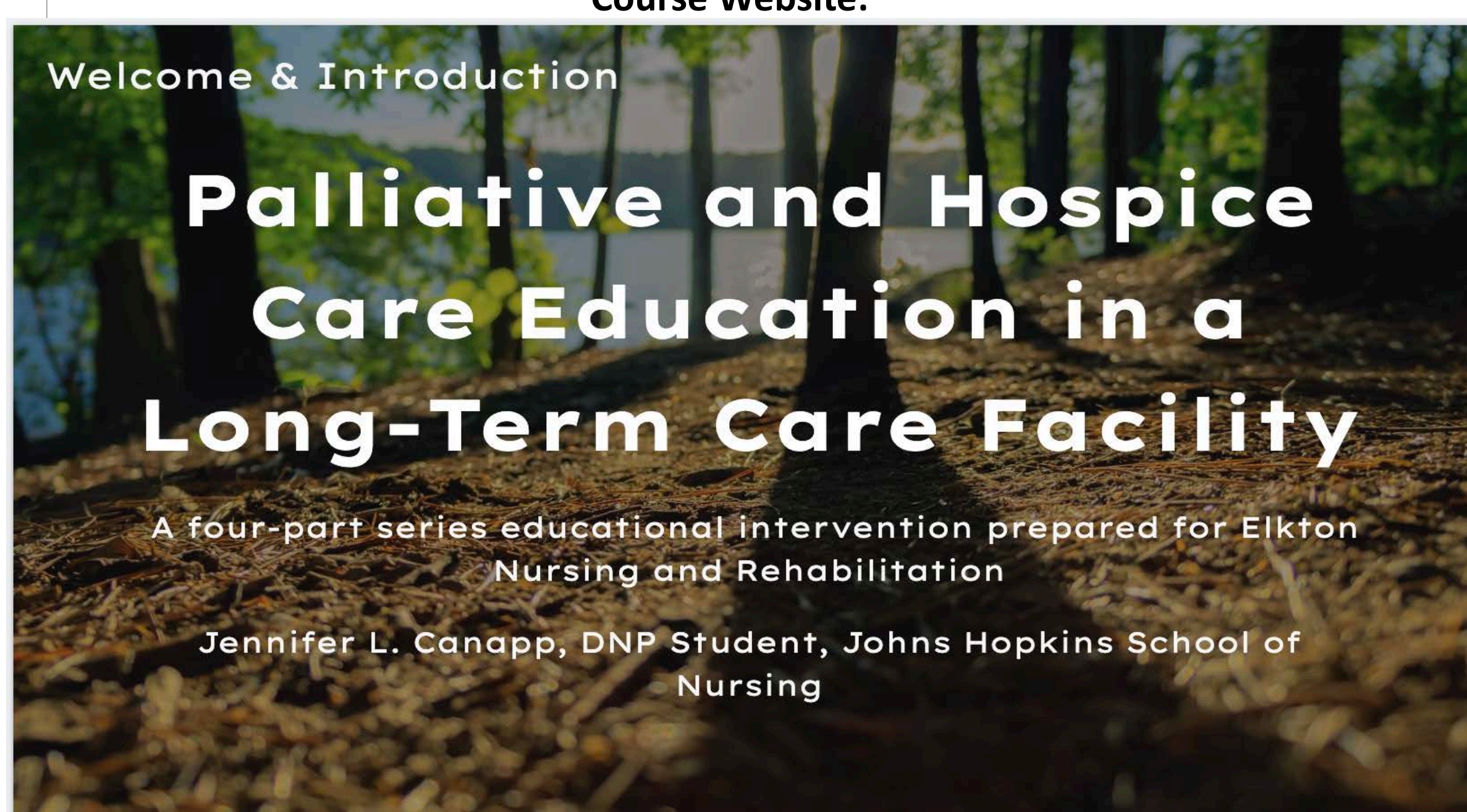
- 63 deaths have occurred at Elkton Nursing & Rehabilitation from May 2020 to May 2021 and only 10 (16%) of these deaths involved an assessment recommendation for the provision of palliative or hospice care.
- Staff have reported that they do not understand palliative and hospice care as a specialty or how this service could benefit the residents.
- No current palliative or end-of-life education is provided to the nursing working in the facility.

Methods & Intervention

Design: Pre-posttest design
Setting: All facility nurses and patients who are eligible or receiving hospice/palliative care
Intervention: Developed a 4-part educational series hosted on google sites for the nurses with asynchronous recorded content in hospice and palliative care. Topics include Introduction to Palliative & Hospice Care; Communication; Spiritual Support; Clinical Concerns.
Intervention: Developed a palliative care education and resource website with a 4-part recorded educational series for the nurses with topics including Introduction to Palliative & Hospice Care; Communication; Spiritual Support; Clinical Concerns.
Measurement Tool: Validated 20-item Palliative Care Quiz for Nursing (PCQN) pre and posttest survey was developed to measure nurses' knowledge on the topic. Additional questions were developed and added to the PCQN that measured confidence, and attitudes. and percentages were used.

Analysis: Because of a small sample size, descriptive statistics

Course Website:

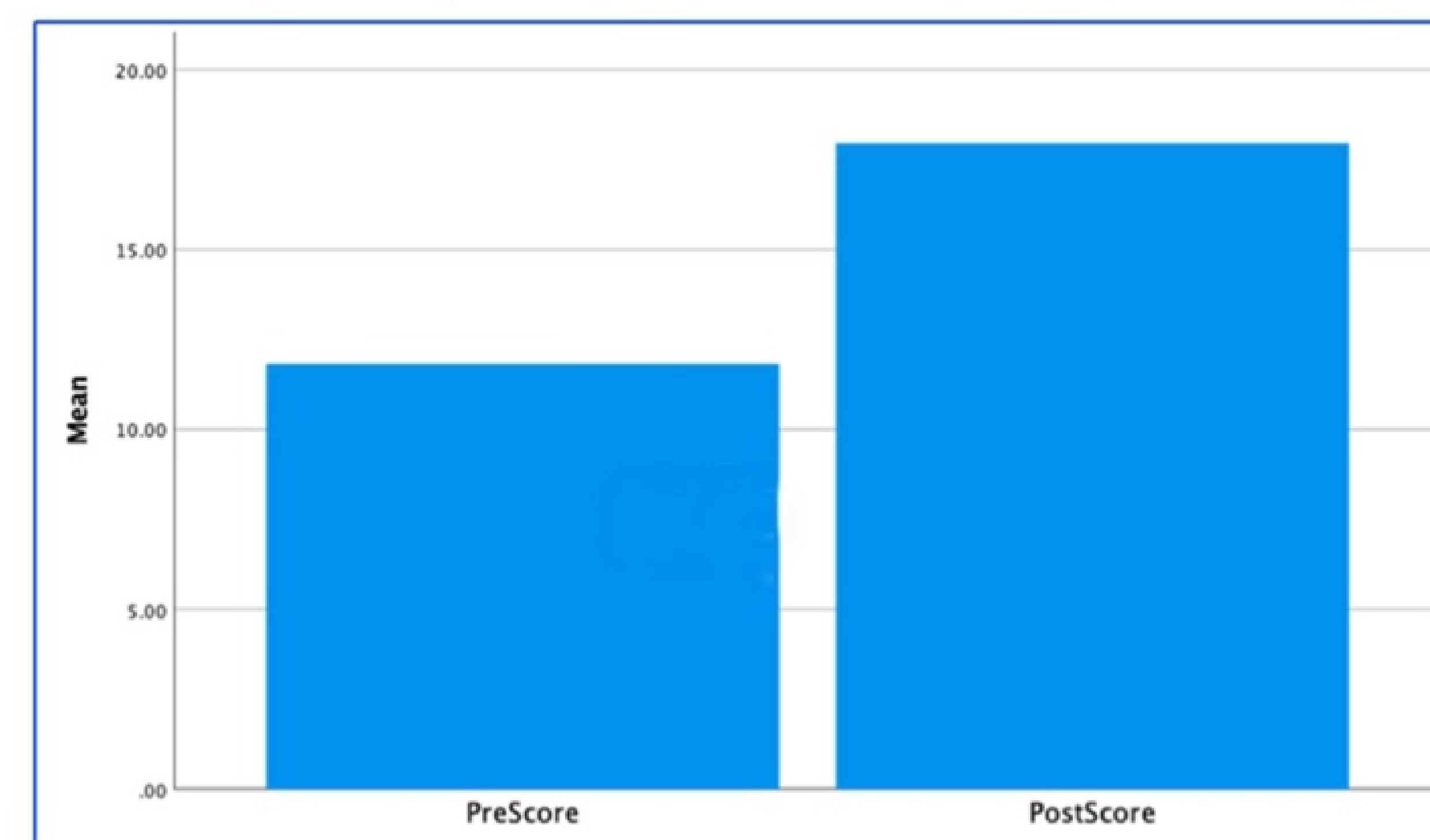


PCQN:

Q.1	Palliative care is appropriate only in situations where there is evidence of a downward trajectory or deterioration (F)
Q.2	Morphine is the standard used to compare the analgesic effect of other opioids (T)
Q.3	The extent of the disease determines the method of pain treatment (F)
Q.4	Adjuvant therapies are important in managing pain (T)
Q.5	It is crucial for family members to remain at the bedside until death occurs (F)
Q.6	During the last days of life, the drowsiness associated with morphine imbalance may decrease the need for sedation (T)
Q.7	Drug addiction is a major problem when morphine is used on a long-term basis for the management of pain (F)
Q.8	Individuals who are taking opioids should follow a bowel regime (T)
Q.9	The provision of palliative care requires emotional detachment (F)
Q.10	During the terminal stages of an illness, drugs that can cause respiratory depression are appropriate for the treatment of severe dyspnea (T)
Q.11	Men generally reconcile their grief more quickly than women (F)
Q.12	The philosophy of palliative care is compatible with that of aggressive treatment (T)
Q.13	The use of placebos is appropriate in the treatment of some types of pain (F)
Q.14	In high doses, codeine causes more nausea and vomiting than morphine (T)
Q.15	Suffering and physical pain are synonymous (F)
Q.16	Pethidine is not an effective analgesic in the control of chronic pain (T)
Q.17	The accumulation of losses renders burnout inevitable for those who seek work in palliative care (F)
Q.18	Manifestations of chronic pain are different from those of acute pain (T)
Q.19	The loss of a distant or contentious relationship is easier to resolve than the loss of one that is close or intimate (F)
Q.20	The pain threshold is lowered by anxiety or fatigue (T)

Results

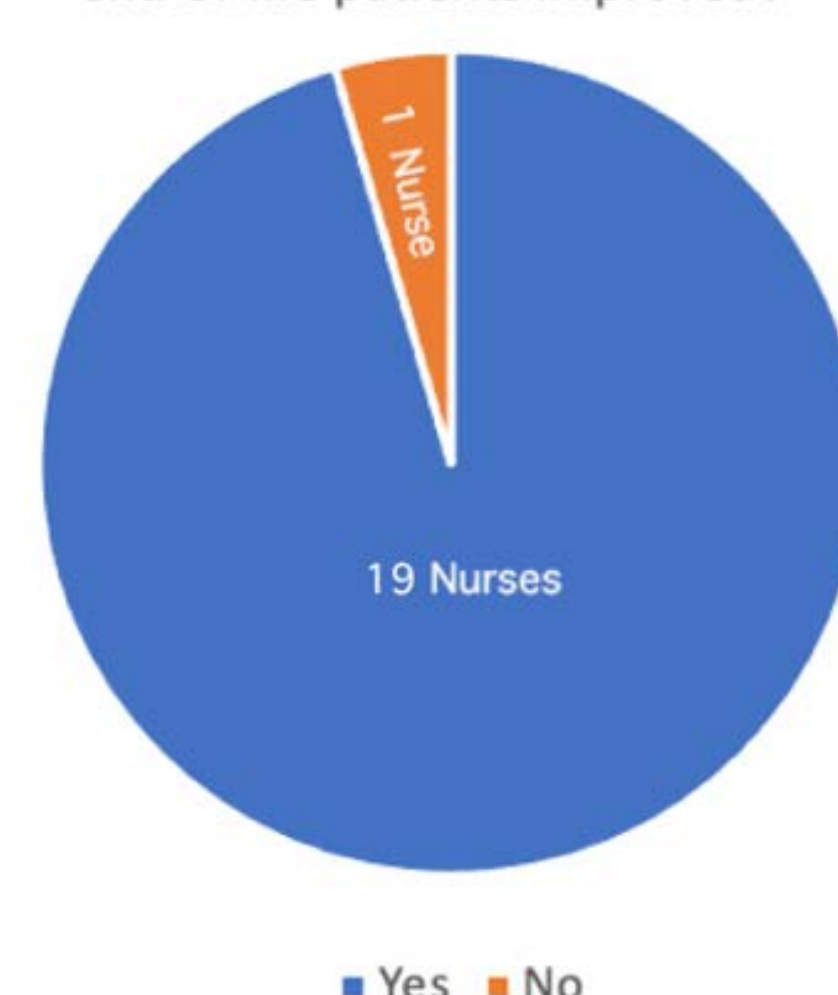
Results
 Aim 1: Improve nursing knowledge of palliative and hospice care (end-of-life care)



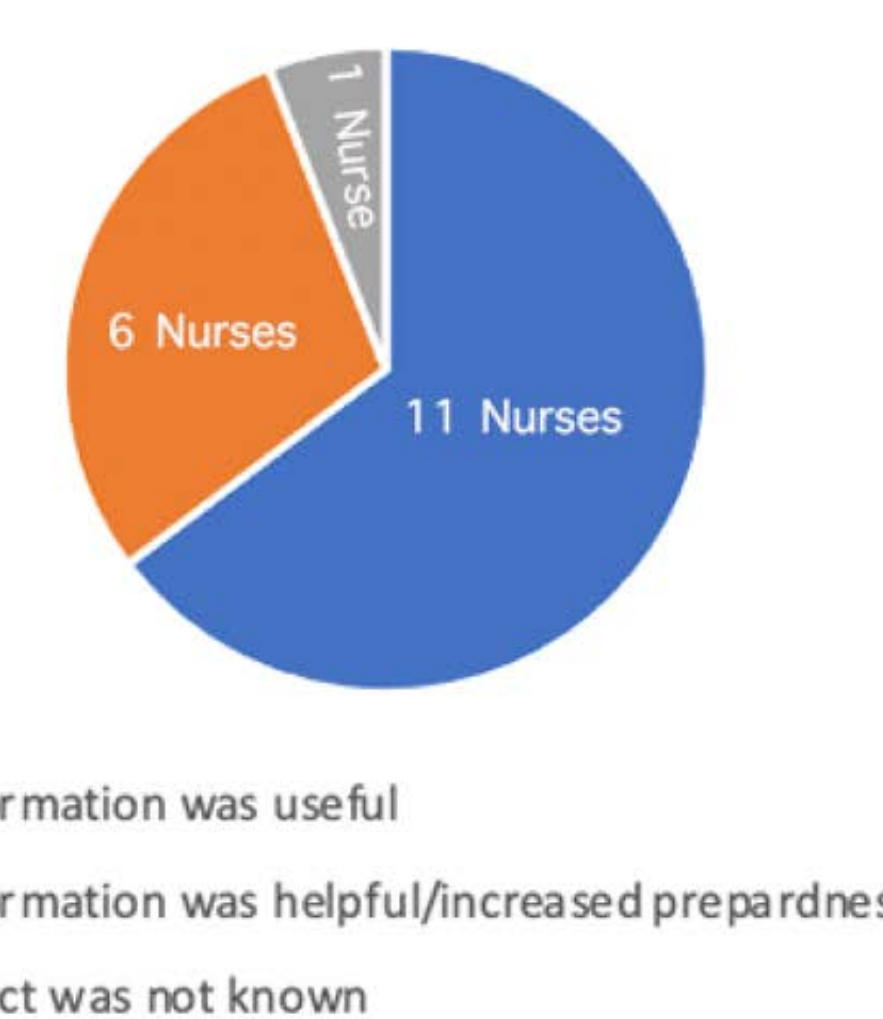
Pre-survey scores were lower than the Immediate post-survey scores with a pvalue of <0.001 indicating a statistically significant result

Pre-Survey (PCQN) questions (Q1-Q20) Mean score 11.83
 Immediate Post-Survey (PCQN) questions (Q1-Q20) Mean score 17.97

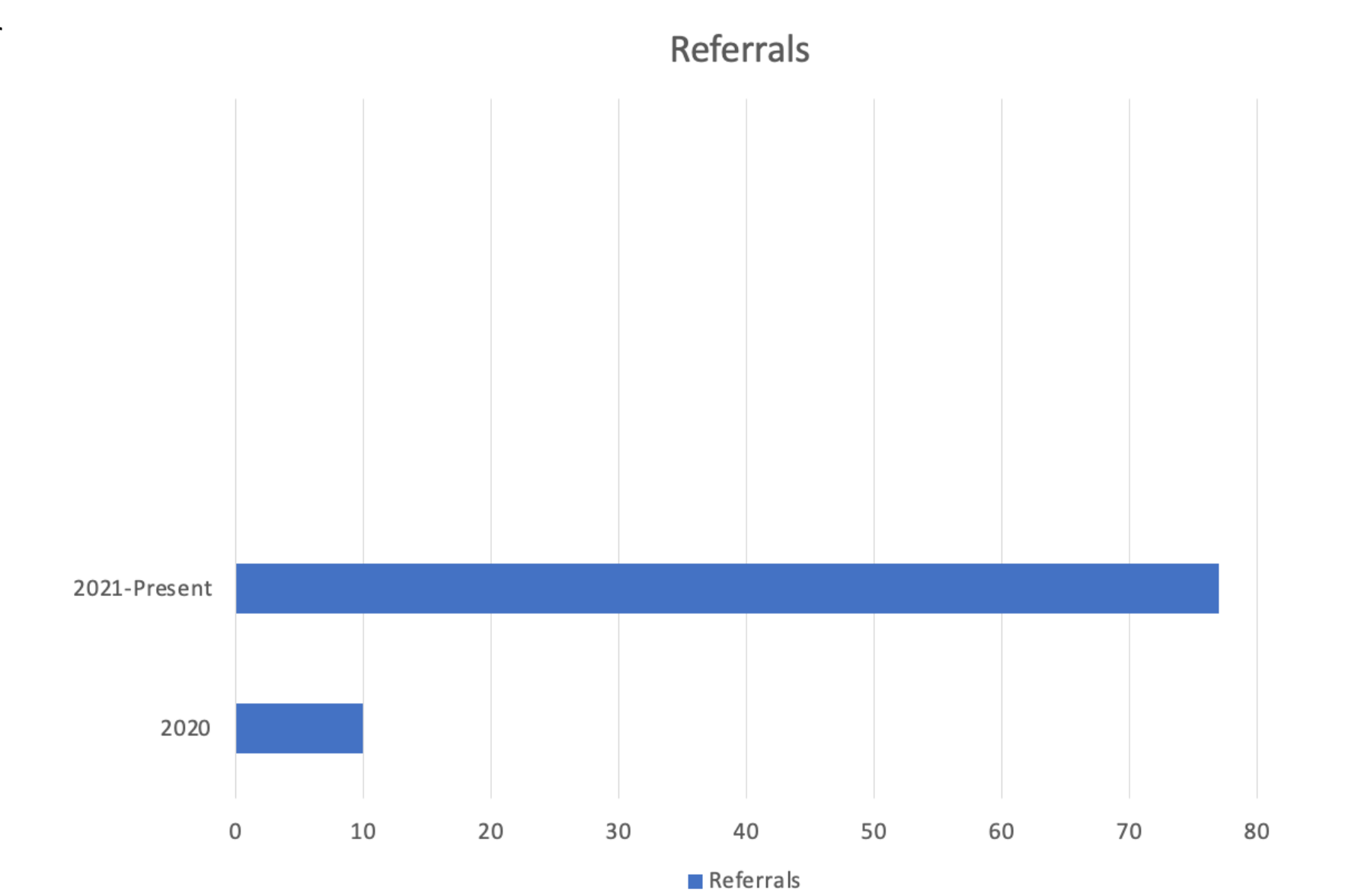
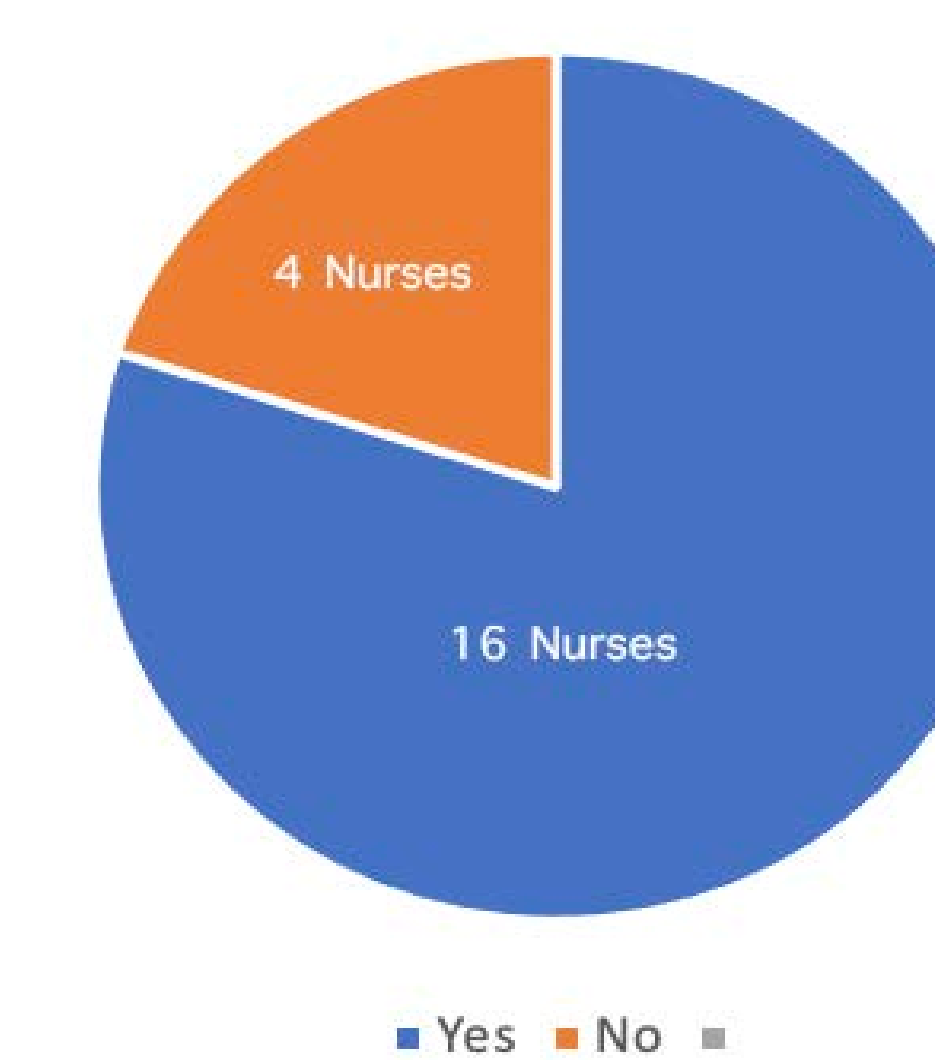
Q22: Has your confidence and attitudes in managing palliative end-of-life patients improved?



Q23: How has this educational experience enhanced or improved your knowledge of hospice and palliative care?



Q24: Have you been able to apply the knowledge you gained in this educational intervention to your clinical practice?



pvalue = <0.001 indicating a statistically significant difference post-educational intervention in confidence and attitudes

Results

Findings: 100% (24 Nurses) of the nurses working at the facility completed the first and second survey. 22 Nurses (same sample) completed the third and final survey.

Knowledge: The mean score of the pre-assessment questions (11.83) compared to the post-intervention scores (17.96) reveals a significant increase in knowledge post-survey vs. pre-survey, p<.001.

Confidence and Attitude: Additionally, there was a statistically significant difference in the proportion of respondents who reported confidence and attitudes pre- (57.1% confident) vs. post-survey (100% confident), p<.001.

Additional Data: Knowledge was retained at 30-days post educational intervention; The quantitative review revealed that eleven nurses (61%) felt the information was useful; six nurses (33%) felt the information was helpful or increased their preparedness for managing palliative and hospice patients

Conclusions

- The use of an educational intervention increased nursing knowledge, improved attitudes and increased confidence in providing palliative care for residents of a long-term care facility.
- SUSTAINABILITY:** The Director of Nursing, Nursing Home Administrator and Facility Educator have committed to continue to use and develop the palliative care education and resource website created for this project. Palliative care will be built into yearly competencies for nursing staff through the use of this website as well.
- The facility nurse practitioner will integrate these into the Advanced Disease Symptom Management program used to identify patients who could benefit from palliative care with transition to hospice when needed. An incidental finding is that after this educational intervention was that hospice referrals increased from 10 total in all of 2020 (during COVID) to 77 referrals from January, 2021 to now with an exponential increase after the educational intervention.

Purpose & Aims

Purpose: To determine the effect of an educational intervention on the knowledge of and attitudes toward palliative and hospice care among nurses working at the Elkton Nursing & Rehabilitation Center, a long-term care facility in Maryland.

- Aims:**
- Improve nurses' knowledge of palliative and end-of-life care among nurses in a long-term care facility
 - Improve nurses' confidence, and attitudes toward palliative and end-of-life care among nurses in a long-term care facility