



## **COURSE: Supporting Physical Comfort: Part 2 – Dyspnea; Anorexia and Cachexia; Nausea and Vomiting; and Delirium**

### LEARNING OUTCOMES

*At the end of this course, you will be able to:*

- Understand the PSWs unique position on the care team, that makes it most likely PSWs will first notice changes in a person’s health.
- Understand that PSWs noting any change in the person’s health must communicate this to the team and that this information should trigger an essential conversation about the person’s wishes.
- Discuss the PSWs responsibility for being informed about a person’s advance care plans and care wishes.
- Demonstrate ways to advocate for the incorporation of people’s and their designated family or caregivers’ values and beliefs into the care plan.
- Using the Symptom Framework for PSWs, ask about the person’s understanding and their values regarding the symptom, and contribute this information to the person’s care plan and advance care plan.
- Use best practice skills of listening, pausing, asking open-ended questions, and avoiding roadblocks to communication to create an encouraging and supportive environment for a person to share information about their care wishes.
- For each of the following symptoms - dyspnea, anorexia and cachexia, nausea and vomiting, and delirium, be able to:
  - Explain causes of the symptom.
  - Gather information.
  - Communicate information with the team.
  - Help to manage the symptom using comfort measures.
  - Support the family when the person is experiencing the symptom.