



Self-assessment for Nurses

Name _____ Date _____

Title/Role _____ Organization/Location _____

- **Novice (N)** – may be experienced in psychosocial care but new to palliative care. Needs regular support.
- **Advanced beginner (B)** – can practice independently using some psychosocial skills specific to palliative care but still needs support.
- **Competent (C)** – mostly independent, occasionally seeks out support.
- **Proficient (P)** – autonomous practice, seeks out leadership opportunities.
- **Expert (E)** – highly proficient, is regularly sought out by others.



6 Last days and hours

6.1 Anticipating changes as death nears

6.1.1 A. Generalist

Assist the person and their designated family or caregiver(s) to prepare for the time of death, and provides information about expected changes and comfort measures during the last days and hours of life.

N B C P E

Palliative care competencies and descriptions

Knowledge/skill level

B. Specialist

Anticipate possible complications and advocate for appropriate medications/treatments or interventions to be available.

N B C P E

6.1.2 Identify people who are in the terminal phase, and recognize and respond to signs of imminent death.

N B C P E

6.2 Supporting death rituals

6.2.1 Provide care of the body immediately following death as per the person and designated family or caregiver's preferences and rituals, and the organization's policies and procedures.

N B C P E

6.2.2 Support designated family and community-specific protocols and practices surrounding death, loss, and grief, in particular when caring for members of underserved populations.

N B C P E

6.2.3 Support designated family and community-specific protocols and practices surrounding death, loss, and grief when caring for First Nations, Inuit, and Métis.

N B C P E

6.3 Involving and supporting the designated family or caregiver(s)

6.3.1 Facilitate discussions with appropriate professionals if an autopsy is requested or required.

N B C P E

6.3.2 Help the designated family or caregiver(s) do the following:

- cope with emotional responses,
- maintain a desired level of control,
- share preferences and needs,
- discuss place of death,
- access resources,
- communicate meaningfully,
- process emotions associated with anticipatory grief.

N B C P E

6.3.3 Facilitate discussions with appropriate professionals if the person or their designated family or caregiver(s) request organ or tissue donation.

N B C P E

TOTAL 6 Last days and hours

N B C P E