



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.



2 Cultural safety and humility

2.1 Engaging in self-reflection

- 2.1.1** Practice self-reflection to identify and address personal and systemic biases.
- | | | | | |
|---|---|---|---|---|
| N | B | C | P | E |
|---|---|---|---|---|

2.2 Supporting cultural practices

2.2.1 A. Generalist

Acknowledge the influence of culture and lived experiences on a person's attitudes towards health, wellness, serious illness, and death.

N	B	C	P	E
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Demonstrate openness to incorporating these attitudes into the care of members of underserved populations.

B. Specialist

Engage with underserved populations to create and facilitate partnerships that influence and address the care needs of these populations. Identify and collaborate with system partners to advocate and implement changes to better serve underserved populations.

N	B	C	P	E
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- 2.2.2** Understand that First Nations, Inuit, and Métis cultural practices and beliefs influence how palliative care is provided.

Demonstrate openness to incorporating First Nations, Inuit, and Métis community-specific protocols and practices into provision of palliative care.

N	B	C	P	E
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- 2.2.3** Demonstrate openness and sensitivity to social, spiritual, and cultural values and practices that may influence the person's and their designated family or caregiver's preferences.

N	B	C	P	E
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2.3 Recognizing and respecting the diversity of people, designated families or caregivers, and communities

- 2.3.1** Assess the diverse needs and preferences of the person and their designated family or caregiver(s).

In doing so, consider the social determinants of health, as well as ethnicity, culture, gender, sexual orientation, language, religion, and economic circumstance.

N	B	C	P	E
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Incorporate these determinants into goal setting, decision-making, and care planning.

- 2.3.2** Demonstrate understanding and provide accommodation to the social, spiritual, and cultural values and practices that may influence care provided to the person and their designated family or caregiver(s).

N	B	C	P	E
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Self-assessment for Nurses

Palliative care competencies and descriptions		Knowledge/skill level				
2.3.3	<p>Recognize that concepts such as wellness and illness may be defined differently by people, and in particular by members of underserved populations.</p> <p>Collaborate with people, designated family or caregiver(s), and communities to ensure a shared understanding of terminology, while also respecting and supporting cultural protocols and practices that promote comfort and quality of life.</p>	N	B	C	P	E
2.3.4	<p>Recognize that concepts such as wellness and illness may be defined differently by First Nations, Inuit, and Métis.</p> <p>Collaborate with people, designated family or caregiver(s), and communities to ensure a shared understanding of terminology, while also respecting and supporting cultural protocols and practices that promote comfort and quality of life.</p>	N	B	C	P	E
TOTAL	2 Cultural safety and humility	N	B	C	P	E