



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.



8 Self-care

8.1 Promoting self-awareness

8.1.1	Explore own attitudes and beliefs regarding death, dying, and caring for people who require palliative care.	N	B	C	P	E
8.1.2	Demonstrate an awareness of the effects of past experiences of suffering, death, and dying when caring for people with life-limiting conditions.	N	B	C	P	E
8.1.3	Understand and attend to own emotional responses that result from caring for people with life-limiting conditions.	N	B	C	P	E

8.2 Promoting healthy behaviors for self and team

8.2.1	Demonstrate an awareness of ways to manage and cope with the impact of death and with people dying.	N	B	C	P	E
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Palliative care competencies and descriptions

Knowledge/skill level

8.2.2	Demonstrate an awareness of the emotional and spiritual supports available for self and team.	N	B	C	P	E
8.2.3	A. Generalist Identify colleagues who may be suffering and provide support.	N	B	C	P	E
	B. Specialist Support colleagues to identify factors contributing to stress in caring for people who require a palliative approach to care and their designated families or caregivers. Support colleagues to develop a plan to cope with stress.	N	B	C	P	E

8.3 Preventing compassion fatigue

8.3.1	A. Generalist Recognize compassion fatigue in self and colleagues; intervene and refer appropriately.	N	B	C	P	E
	B. Specialist Identify issues in the system that contribute to compassion fatigue and advocate for change.	N	B	C	P	E
8.3.2	Engage in healthy activities that help prevent compassion fatigue.	N	B	C	P	E

TOTAL 8 Self-care

N B C P E