



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.



7 Loss, grief, and bereavement

7.1 Supporting diverse responses to loss

7.1.1	Recognize the range of individual physical, psychological, spiritual, emotional, cultural, and social responses to loss and grief.	N	B	C	P	E
7.1.2	Demonstrate an understanding of the needs of children at various developmental stages in dealing with grief and loss.	N	B	C	P	E
7.1.3	Accurately assess and manage people's and their designated families' or caregivers' loss, grief, and bereavement needs.	N	B	C	P	E

7.2 Recognizing complicated grief

7.2.1	A. Generalist Acknowledge the impact of personal traumas and negative experiences, in particular for members of underserved populations, and how these can shape the expressions of grief, bereavement, and mourning. Practice trauma-informed principles and care.	N	B	C	P	E
	B. Specialist Engage with the designated family or caregiver(s), and community, to identify community-specific protocols and practices that support the experience and expressions of grief.	N	B	C	P	E
7.2.2	A. Generalist Acknowledge the impact that historical and ongoing systemic trauma and loss have on First Nations, Inuit, and Métis experiences and expressions of grief, bereavement, and mourning. Practice trauma-informed principles and care.	N	B	C	P	E
	B. Specialist Engage with the designated family or caregiver(s), and community, to identify First Nations, Inuit, and Métis community-specific protocols and practices that support the experience and expression of grief.	N	B	C	P	E

7.3 Using support services

7.3.1	Provide guidance, support, and information to families, caregivers, and others (based on awareness of cultures and needs), and make referrals to bereavement services as required.	N	B	C	P	E
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TOTAL 7 Loss, grief and bereavement

N B C P E