



# Self-assessment for Personal Support Workers

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.



## 10 Education, evaluation, quality improvement, and research

### 10.1 Accessing continuing education

**10.1.1** Participate in continuing education related to palliative care.

N B C P E

**10.1.2** Participate in cultural safety training opportunities, especially any that are specific to underserved populations.  
Where available, participate in regionally specific training.

N B C P E

**10.1.3** Participate in First Nations, Inuit, and Métis cultural safety training opportunities.  
Where available, participate in regionally specific training.

N B C P E

#### Palliative care competencies and descriptions

#### Knowledge/skill level

### 10.2 Educating and supporting learners

**10.2.1** Act as a mentor for others new to palliative care.

N B C P E

### 10.3 Contributing to quality improvement

**10.3.1** Participate in quality-improvement initiatives.

N B C P E

### 10.4 Collecting data

**10.4.1** Participate in research activities such as data collection.

N B C P E

**TOTAL 10 Education, evaluation, quality improvement, & research**

N B C P E