

ELNEC- For Veterans

END-OF-LIFE NURSING EDUCATION
CONSORTIUM

Palliative Care For Veterans

Module 3 **Symptom Management**

PARTICIPANT OUTLINE

Module 3: Symptom Management Participant Outline

- I. INTRODUCTION-Section I
 - A. Essential elements of symptom management
 - 1. Assessment and evaluation
 - 2. Interdisciplinary teamwork
 - 3. Reimbursement concerns
 - 4. Research
 - B. Symptoms and suffering

- II. COMMON SYMPTOMS
 - Respiratory Symptoms- Section II
 - A. Dyspnea
 - 1. Definition/overview
 - 2. Causes
 - a. Pulmonary
 - b. Cardiac
 - c. Neuromuscular
 - d. Other
 - 3. Assessment
 - a. Subjective report of patient
 - b. Clinical assessment
 - 4. Treatment
 - a. Pharmacologic
 - b. Non-pharmacologic
 - c. Other
 - GI Symptoms- Section III
 - B. Anorexia/cachexia
 - 1. Definition/overview
 - 2. Causes
 - a. Disease related
 - b. Psychological
 - c. Treatment related
 - 3. Assessment
 - a. Physical findings
 - b. Impact on function
 - c. Impact on self/family
 - d. Calorie counts/daily weights
 - e. Laboratory tests
 - f. Skin breakdown
 - 4. Treatment
 - a. Dietary consult/dietary interventions
 - b. Problem odors
 - c. Medications

- d. Parenteral or enteral nutrition
- e. Counseling
- C. Constipation
 - 1. Definition/overview
 - 2. Causes
 - a. Disease related
 - b. Treatment related
 - 3. Assessment
 - a. Bowel history
 - b. Abdominal assessment
 - c. Rectal assessment
 - d. Medication review
 - 4. Treatment
 - a. Medications
 - b. Dietary and fluid interventions
 - c. Additional approaches
- D. Diarrhea
 - 1. Definition/overview
 - 2. Causes
 - a. Disease related
 - b. Malabsorption
 - c. Concurrent disease
 - d. Psychological
 - e. Treatment related
 - 3. Assessment
 - a. Bowel history
 - b. Medication review
 - c. Evaluate for infectious process
 - 4. Treatment
 - a. Treat etiology as appropriate
 - b. Dietary modifications (increase bulk, decreased gas-producing foods)
 - c. Hydration
 - d. Medication
- E. Nausea/vomiting
 - 1. Definition/overview
 - 2. Causes
 - a. Physiological
 - b. Psychological
 - c. Disease related
 - d. Treatment related
 - e. Other
 - 3. Assessment
 - a. Clinical/physical
 - b. History
 - c. Laboratory values
 - 4. Treatment

- a. Pharmacologic
- b. Non-pharmacologic
- c. Invasive therapies

General/Systemic- Section IV

F. Fatigue

1. Definition/overview
2. Causes
 - a. Disease related
 - b. Psychological
 - c. Treatment related
3. Assessment
 - a. Subjective
 - b. Objective
 - c. Laboratory data
4. Treatment
 - a. Pharmacologic
 - b. Non-pharmacologic

G. Wounds

1. Definition/overview
2. Assessment
3. Treatment

Mental Health Issues/Psychological- Section V

H. Post Traumatic Stress Disorder (PTSD)

1. Definition/overview
2. Causes
 - a. Traumatic events
 - b. Changes in brain
3. Assessment
 - a. Review symptoms/risk factors
 - b. On-going assessment by mental health professional
 - c. Interdisciplinary team approach
4. Treatment
 - a. Medications
 - b. Psychotherapy
5. PTSD and end-of-life care

I. Depression

1. Definition/overview
2. Causes
 - a. Disease related
 - b. Psychological
 - c. Medication related
 - d. Treatment related
3. Assessment
 - a. Situational factors
 - b. Previous psychiatric history/treatment
 - c. Presence of risk factors

- d. Questions for depression assessment
- e. Symptoms
- f. Suicide and Veterans
 - i. Facts
 - ii. Assessment
 - iii. Resources
- 4. Treatment
 - a. Pharmacologic
 - b. Non-pharmacologic
- J. Anxiety
 - 1. Definition/overview
 - 2. Causes
 - 3. Assessment
 - a. Physical symptoms
 - b. Cognitive symptoms
 - c. Questions for assessment
 - 4. Treatment
 - a. Pharmacologic
 - b. Non-pharmacologic
- K. Delirium/agitation/confusion
 - 1. Definition/Overview
 - 2. Causes
 - 3. Assessment
 - 4. Treatment

III. CONCLUSION

- A. Key nursing roles
- B. Symptom management challenges