

Essential Palliative Care Course

This introductory course provides nurses with foundational knowledge and skills in palliative and end-of-life care. It aims to equip **Registered Nurses** and **Enrolled Nurses** with an understanding of the principles and practices essential to supporting patients with life-limiting conditions. The course covers symptom recognition and management, safe medication practices (including opioid use), and the importance of early referrals to Advance Care Planning (ACP). Nurses will also learn effective communication strategies for providing psychosocial support, explore culturally sensitive care approaches, and understand the resources needed for compassionate discharge planning. Emphasis is also placed on promoting self-care among healthcare professionals to enhance resilience and sustain quality care in palliative settings

Learning Outcomes

Upon completion of this course, the learner will be able to:

1. Discuss the roles of a nurse in providing end-of-life care
2. Recognise the common symptoms present towards the end-of-life
3. Discuss the appropriate nursing management and intervention for the following symptoms:
 - a. Pain
 - b. Shortness of Breath / Dyspnea
 - c. Nausea/ Vomiting
 - d. Secretions
 - e. Terminal Delirium
4. Relate types of opioids used in healthcare and their care during administration
5. Discuss key principles of safe medication administration in palliative care
6. Recognize the need for and initiate early referrals to Advance Care Planning (ACP).
7. Apply effective communication techniques to provide psychosocial support when speaking with end-of-life patients/next-of-kin
8. Promote awareness on self-care practices among healthcare professionals
9. Identify the key resources required for a compassionate discharge
10. Recommend appropriate post-discharge palliative resources
11. Discuss key cultural and psychosocial considerations in caring for end-of-life patients and next-of-kin

Course Duration (hours)

10 hours : 2 hours self-directed learning + 8 hours classroom

Course Enquiries and Registration

For enquiries or registration, please email wh.ned@nhghealth.com.sg.

We will provide the full course details, fees, and enrolment steps upon receiving your message.