CHPN Exam Content Outline

A Goals of care and shared decision making B Interdisciplinary care planning and ongoing evaluation C Life-limiting disease progression, complications, and treatment Indicators of imminent death Patient Care - Pain Management Patient Care - Pain Management Petiology of pain, types of pain, and pain syndromes Verbal and nonverbal indicators of pain and pain scales Factors that may influence the patient's experience of pain (e.g., fear, depression, cultural, and spiritual issues) Medications appropriate to severity and specific type of pain (opioid, non-opioid, adjuvant) Titration of medication to determine baseline and breakthrough doses Dosage equivalents when changing analgesics or route of administration Non-pharmacologic interventions (e.g., ice, positioning, palliative surgery, palliative radiation, psychological therapy) Complementary and alternative therapies (e.g., Reiki, hypnosis, acupressure, massage, pet therapy, music therapy) Patient Care - Symptom Management A Neurological Cardiovascular Respiratory Gastrointestinal Genitourinary Musculoskeletal Giskin and mucous membrane Nutritional and metabolic Immune/Lymphatic/Hematologic system J Psychosocial, emotional, and spiritual Support, Education, and Advocacy A Advance care planning (e.g., advance directives, life sustaining therapies) Hospice and palliative care benefits under Medicare, Medicaid, and private insurance Patient safety: environmental, physical, socioemotional Communication: techniques, barriers, and cultural humility Psychosocial, spiritual, and cultural needs Medication management and controlled substances Caregiver/Family self-care activities Hendication management and controlled substances Gref and loss support / bereavement services J Support at time of death and post-mortem care K Ethical issues related to end of life	4	Detient Cover Accessored and Blancing	25
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	I	Grief and loss support / bereavement services	
K Ethical issues related to end of life	J	Support at time of death and post-mortem care	
	K	Ethical issues related to end of life	



5	Practice Issues	28
Α	Hospice and palliative care compliance under Medicare/Medicaid	
В	National hospice and palliative care standards	
C	National practice guidelines and standards (e.g., National Consensus	
	Project)	
D	Legal regulations (e.g., OSHA, CMS, HIPAA)	
Ε	Professional boundaries	
F	Strategies for self-care and stress management	
G	Trends in legislation, policy, health care delivery, and reimbursement as	
	they impact hospice and palliative care	

Task Statements

1 Patient Care - Assessment and Planning

- A Identify patient/caregiver goals and expected outcomes
- B Develop a plan of care to achieve goals and expected outcomes
- C Coordinate patient care with other health care providers through the continuum of care
- D Coordinate transfer to a different level of care or different care setting
- E Identify specific patterns of progression, complications, and treatment for lifelimiting conditions
- F Identify and respond to indicators of imminent death
- G Evaluate progress toward outcomes and update goals
- H Monitor need for changes in levels of care

2 Patient Care - Pain Management

- A Perform comprehensive assessment of pain
- B Identify and administer pharmacologic interventions
- C Identify and implement non-pharmacologic and complementary interventions
- D Assess for and respond to complications (e.g., side effects, interactions) and efficacy

3 Patient Care – Symptom Management

- A Provide evidence-based palliative management of signs and symptoms associated with life-limiting conditions
- B Provide evidence-based palliative management for psychosocial, emotional, and spiritual needs



4 Support, Education, and Advocacy

- A Assess and respond to psychosocial, spiritual, and cultural needs
- B Facilitate effective communication among patient, family, and caregivers
- C Encourage patient/caregiver participation in interdisciplinary team/group discussions
- D Counsel or provide emotional support regarding grief and loss
- E Facilitate and coordinate support throughout the continuum of care
- F Teach end-stage disease progression
- G Teach pain and symptom management
- H Train caregiver to provide patient care
- I Monitor, support, and validate primary caregiver confidence and ability to provide care
- J Promote caregiver self-care activities
- K Provide education about access and use of services, medications, supplies, and durable medical equipment (DME)
- L Assess and respond to environmental and safety risks
- M Facilitate self-determined life closure

5 Practice Issues

- A Evaluate eligibility for admission and hospice recertification
- B Incorporate standards, guidelines, and legal regulations into practice
- C Identify and address ethical concerns
- D Participate in continuous quality assurance and performance improvement activities
- E Maintain professional boundaries
- F Incorporate strategies for self-care and stress management into practice
- G Contribute to professional development of peers, colleagues, students, and others as preceptor, educator, or mentor

