Certified Hospice and Palliative Nursing Assistant - CHPNA®

TEST CONTENT OUTLINE

1. Patient Care: Activities of Daily Living 26%
   A. Assist with Hygiene
      1. routine personal care (e.g., bathing, shaving)
      2. oral care
      3. personal odor control (e.g., colostomy, perineal, wounds)
      4. skin care
   B. Assist with Ambulation/Mobility
      1. foster/maintain independence
      2. use of durable medical equipment (DME)
      3. positioning
      4. exercise and range of motion
      5. transfers
      6. prevention of falls
   C. Assist with Grooming and Dressing to Help Patients Look Their Best
      1. hair care
      2. nail care (e.g., cleaning, filing)
      3. support patient/family choice for clothing and accessories (e.g., jewelry)
      4. hearing aids and eyeglasses
      5. foot care (e.g., soaking, cleaning)
   D. Assist with Toileting
      1. bowel and bladder training (e.g., scheduled toileting)
      2. catheter care
      3. ostomy care
      4. adaptive equipment (e.g., raised toilet seat)
   E. Nutrition/Hydration
      1. support patient decision not to eat/drink
      2. help patient/family cope with appetite and weight changes
      3. feed patient safely
      4. offer fluids
      5. provide foods of patient choice
      6. observe and report issues related to tube feeding and IV hydration

2. Patient Status and Environment 30%
   A. Observe and Report on Patient Condition
      1. Patient status in relation to the documented diagnosis
   B. Pain
      a. level of pain (e.g., on a 0-10 scale)
      b. changes in pain
      c. nonverbal cues
      d. type and location of pain

3. Medications
   a. effectiveness of medications
   b. side effects of medications

4. Non-Drug Treatment for Pain or Other Symptoms
   a. relaxation
   b. music
   c. deep breathing
   d. aroma therapy
   e. pet therapy
   f. diversional/recreational activities
   g. massage
   h. energy/touch therapy (e.g., Reiki)
   i. hot/cold compresses
   j. repositioning
   k. supportive stockings

5. Maintain Infection Control
   a. universal precautions
   b. biohazardous waste disposal (e.g., sharps, blood)
   c. isolation techniques

6. Provide and Maintain Best Possible Patient/Family Environment to Support Patient
   a. personal environment (e.g., familiar objects, pictures, homelike)
   b. calming environment (e.g., lighting, important things within reach)
   c. death in patient's place of choice (e.g., not ER, hospital)
   d. care according to the patient's preferred schedule
   e. safety (e.g., fall precautions, prevention of hazards, oxygen storage and use)
   f. odor control

D. Identify Changes in Physical Status
   a. activity level
   b. vital signs
   c. weight (e.g., rapid loss or gain)
   d. skin impairment (e.g., breakdown, rash, itching)
   e. injury
   f. elimination habits
   g. swallowing ability
   h. nausea/vomiting
   i. edema and ascites
   j. signs of impending death

E. Identify Changes in Mental Status
   a. confusion
   b. responsiveness
   c. emotional change (e.g., anxiety, fear, depression)
   d. agitation
   e. terminal restlessness
   f. near death awareness

F. Identify Changes in Functional Status
   a. mobility
   b. weakness
   c. sleepiness
   d. fatigue

G. Identify Changes in Respiratory Status
   a. change in breathing patterns (including cough)
   b. increased secretions

3. Psychosocial/Spiritual Care of the Patient and Family 21%
   A. Spiritual Care
      1. identify spiritual issues (e.g., guilt, estrangement, meaning of life)
      2. honor individual spiritual beliefs
      3. enable spiritual practices (e.g., sacraments, prayer, transport to services)
      4. provide spiritual support
      5. give patient permission to die
   B. Respect Differences and Maintain Neutral Attitude Regarding:
      1. ethnicity
      2. race
      3. cultural background
      4. religious/spiritual preference
      5. sexual preference
      6. age difference
      7. living conditions (including social and economic circumstance)
      8. treatment choices (e.g., advance directives)
   C. Assist with Identifying Patient and Family Support Needs
      1. Education
         a. information about impending death
         b. agency/community services
         c. grief and loss
         d. energy saving techniques
         e. universal precautions
         f. isolation procedures
         g. nutrition/hydration (including unique needs as the patient declines)
h. personal care techniques and comfort measures

2. Patient and Family Support
   a. respite (including volunteer support)
   b. companionship and compassion
   c. advocacy
   d. reframing hope (patient's expectations)
   e. presence (companionship) during the final hours
   f. end of life concerns (e.g., advance directives)

D. Assure Dignity and Honor Patient/Family Choices at the Time of Death
   1. preparation of the body and environment
   2. time for closure (e.g., final words)
   3. bereavement follow up (e.g., support groups, literature)

E. Participate in Bereavement/Grief Follow Up
   1. memorial services
   2. condolence cards, letters, or telephone calls

F. Assist with Communication Between Patient, Family, and Care Providers
   1. barriers to communication
   2. active listening
   3. reading
   4. life reviews
   5. goals of care
   6. adaptive communication devices (e.g., word boards)

G. Provide Support for Changes in Body Image
   1. amputation
   2. physical appearance (e.g., weight change, hair loss)

3. elimination changes (e.g., ostomies, incontinence)

H. Offer Opportunities to Enhance Socialization
   1. volunteer visits
   2. activities of patient’s choice (e.g., storytelling, walks)

I. Observe and Report Threats to Patient/Family Safety
   1. physical abuse
   2. neglect
   3. substance abuse
   4. caregiver’s inability to provide care
   5. suicidal ideation

4. Interdisciplinary Collaboration 11%
   A. Plan of Care
      1. Encourage patient/family participation
      2. Provide input to team members for the plan of care
      3. Work with the team to carry out the plan of care
      4. Communicate patient/family goals and wishes

   B. General
      1. Communicate with other health care providers involved in care
      2. Report signs of impending death (e.g., near death awareness, and physical signs)
      3. Provide support and communication during changes in levels of care and across care settings (e.g., assisted living, hospitalization, respite)
      4. Recognize and report change in family status
      5. Review death with the team

5. Ethics, Roles, and Responsibilities 12%
   A. Identify and respond to ethical issues (e.g., confidentiality, honest communication)
   B. Maintain boundaries (e.g., within job description, with patient/family)
   C. Assist in resolving work-related conflicts
   D. Maintain documentation according to the plan of care
   E. Identify risks to personal safety (e.g., firearms in the home)
   F. Serve as a mentor/preceptor for new staff
   G. Assist with orientation of volunteers and staff
   H. Participate on committees
   I. Maintain continuing education
   J. Promote hospice and palliative care in the community
   K. Participate in:
      1. professional organizations for nursing assistants
      2. quality improvement activities
      3. research activities (e.g., surveys)
   L. Practice self care (e.g., stress management)