Supplemental Digital Content, Table 1. American Association of Colleges of Nursing CARES Competencies

1. Promote the need for palliative care for seriously ill patients and their families, from the time of diagnosis, as essential to quality care and an integral component of nursing care.
2. Identify the dynamic changes in population demographics, health care economics, service delivery, caregiving demands, and financial impact of serious illness on the patient and family that necessitate improved professional preparation for palliative care.
3. Recognize one’s own ethical, cultural and spiritual values and beliefs about serious illness and death.
4. Demonstrate respect for cultural, spiritual and other forms of diversity for patients and their families in the provision of palliative care services.
5. Educate and communicate effectively and compassionately with the patient, family, health care team members, and the public about palliative care issues.
6. Collaborate with members of the interprofessional team to improve palliative care for patients with serious illness, to enhance the experience and outcomes from palliative care for patients and their families and to ensure coordinated and efficient palliative care for the benefit of communities.
7. Elicit and demonstrate respect for the patient and family values, preferences, goals of care, and shared decision-making during serious illness and at end of life.
8. Apply ethical principles in the care of patients with serious illness and their families.
9. Know, apply and effectively communicate current state and federal legal guidelines relevant to the care of patients with serious illness and their families.
10. Perform a comprehensive assessment of pain and symptoms common in serious illness, using valid, standardized assessment tools and strong interviewing and clinical examination skills.
11. Analyze and communicate with the interprofessional team in planning and intervening in pain and symptom management, using evidence-based pharmacologic and non- pharmacologic approaches.
12. Assess, plan, and treat patients’ physical, psychological, social and spiritual needs to improve quality of life for patients with serious illness and their families.
13. Evaluate patient and family outcomes from palliative care within the context of patient goals of care, national quality standards, and value.
14. Provide competent, compassionate and culturally sensitive care for patients and their families at the time of diagnosis of a serious illness through the end of life.
15. Implement self-care strategies to support coping with suffering, loss, moral distress and compassion fatigue.
16. Assist the patient, family, informal caregivers and professional colleagues to cope with and build resilience for dealing with suffering, grief, loss, and bereavement associated with serious illness.
17. Recognize the need to seek consultation (i.e. from advanced practice nursing specialists, specialty palliative care teams, ethics consultants, etc.) for complex patient and family needs.

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