

Course Details

Why APPS?

- Peer-reviewed, evidence-informed and up-to-date course content
- Facilitation and mentorship by experienced local palliative care nurse consultants
- Successful completion of APPS prepares learners to meet the palliative care competencies for PSWs outlined in the [Ontario Palliative Care Competency Framework](#) and [Canadian Interdisciplinary Palliative Care Competency Framework](#).

Participants will learn/develop skills and strategies for:

- enhancing communication with the person, family, and team members
- effective team functioning and self-care
- relieving common end-of-life symptoms.

Course Content:

[See Course Activity Outline](#)

The 8-week APPS program covers the following topics:

- Welcome to APPS & e-Learning
- Roles in Caregiving; Therapeutic Communication & Self-Care
- Considering Advance Care Planning, Ethics, Loss and Grief
- Tools for Symptom Management
- Tools for Symptom Management with a Focus on Pain
- Psychological Issues & Spiritual Issues
- Skin Care and the Dying Process
- After Death Care and Bereavement

Course Objectives:

Following active participation in the APPS course, learners will:

- have an enhanced understanding and respect for the role of PSWs/Health Care Aides in providing a palliative approach
- be more self-aware when providing Hospice Palliative Care (HPC)
- have an enhanced understanding of loss and grief
- be able identify opportunities and strategies around symptom management
- have an enhanced understanding of comfort measures, at end of life.
- have an enhanced understanding of ethical challenges, at end of life actively contribute to a team approach

Course Expectations

During the APPS course, learners must:

- Complete weekly readings, reflections, discussion forums and videos
- **Actively participate in all three virtual classroom sessions**
- Complete two peer-to-peer exchanges