



Certified Hospice and Palliative Licensed Practical/Vocational Nurse (CHPLN®) Examination Content Outline

1. Patient Care: End-Stage Disease Process (13%)

A. Identify specific patterns of disease progression, complications, and treatment for:

1. Neoplastic conditions
2. Neurological conditions
3. Cardiac conditions
4. Pulmonary conditions
5. Renal conditions
6. Gastrointestinal conditions
7. Debility/decline in health status (e.g., Frailty, Malnutrition, Cachexia)
8. Dementia
9. Hepatic conditions
10. Hematologic conditions
11. Altered immune disease (e.g., HIV)
12. Endocrine conditions

B. Identify and respond to indicators of imminent death

2. Patient Care: Pain and Comfort Management (20%)

A. Data Gathering

1. Identify pain and other distressing symptoms
2. Identify causes of pain
3. Identify types of pain
4. Identify factors that may influence the patient's experience of pain (e.g., fear of pain, depression, despair, cultural or spiritual issues)

B. Pharmacologic Interventions

1. Identify medications appropriate for severity and specific type of pain
2. Administer analgesic and adjuvant medications (e.g., NSAIDS, corticosteroids, anticonvulsants, opioids)

C. Nonpharmacologic Interventions

1. Identify the need for nonpharmacologic interventions
2. Implement nonpharmacologic interventions (e.g., massage, music, aromatherapy, and pet therapy)
3. Respond to psychosocial and spiritual issues related to pain and other distressing symptoms

D. Evaluation

1. Identify and respond to medication side effects, interactions, and complications
2. Evaluate efficacy of relief interventions (pharmacologic and nonpharmacologic)
3. Identify side effects of interventional therapy (e.g., antineoplastic, radiological, surgical)

3. Patient Care: Symptom Management (29%)**A. Manage symptoms related to Neurological conditions**

1. Aphasia
2. Dysphagia
3. Lethargy or sedation
4. Myoclonus
5. Paresthesia or neuropathies
6. Seizures
7. Extrapyrmidal symptoms
8. Spinal cord compression

B. Manage symptoms related to Cardiovascular conditions

1. Edema (including pulmonary)
2. Syncope

C. Manage symptoms related to Respiratory conditions

1. Congestion
2. Cough
3. Dyspnea
4. Pleural effusions

D. Manage symptoms related to Hepatic conditions

1. Encephalopathy
2. Esophageal varices
3. Ascites

E. Manage symptoms related to Gastrointestinal conditions

1. Constipation
2. Diarrhea or bowel incontinence
3. Nausea or vomiting
4. Bleeding
5. Bowel obstruction

F. Manage symptoms related to Genitourinary conditions

1. Bladder spasms
2. Urinary incontinence
3. Urinary retention
4. Infections

G. Manage symptoms related to Musculoskeletal conditions

1. Impaired mobility
2. Complications of immobility
3. Fractures
4. Weakness or activity intolerance

H. Manage alterations in Skin and Mucous Membrane

1. Dry mouth
2. Oral lesions
3. Pruritus
4. Skin integrity, including wound care
5. Excessive secretions

I. Manage symptoms related to Psychosocial and Emotional conditions

1. Anxiety
2. Stages of grief (e.g., anger, denial)
3. Depression
4. Impaired communication
5. Sleep disturbances

J. Manage symptoms related to Nutritional and Metabolic conditions

1. Cachexia or wasting
2. Dehydration
3. Fatigue

K. Manage symptoms related to the Immune System

1. Fever
2. Neutropenia

L. Manage symptoms related to Mental Status Changes

1. Agitation (including terminal restlessness)
2. Confusion
3. Delirium
4. Dementia
5. Hallucinations

M. Manage symptoms related to Lymphedema**4. Patient Care: Treatments and Procedures (9%)****A. Care for patients with the following treatments or procedures:**

1. Surgical alterations (including tubes, drains, and stomas)
2. Rectal route for pain and symptom management
3. Respiratory therapy (e.g., oxygen, suction, inhalation treatments, tracheostomy care)
4. Subcutaneous pain and symptom management
5. Urinary drainage systems

B. Maintain infection control procedures related to:

1. Pathogens (e.g., bloodborne, airborne)
2. Precautions
3. Chain of infection

5. Care of Patient, Family, and Other Caregivers (11%)**A. Resource Management**

1. Identify and respond to socioeconomic factors
2. Identify and respond to environmental and safety risks

3. Monitor controlled substances (including use, abuse, diversion)
4. Monitor health status of family caregiver
5. Recommend appropriate DME for patient well-being
6. Inform patient/family how to access 24-hours a day: services, medications, equipment, supplies

B. Psychosocial, Spiritual, and Cultural

1. Respond to spiritual needs
2. Identify and respond to cultural values and behaviors
3. Respond to stages of grief
4. Respond to loss of hope or meaning
5. Facilitate nearing death awareness
6. Respond to spiritual distress or unresolved spiritual issues
7. Identify suicidal or homicidal ideation
8. Identify unresolved interpersonal matters
9. Respond to family dynamics

C. Grief and Loss

1. Encourage life review
2. Provide emotional support regarding grief and loss for:
 - a. adults
 - b. children
3. Provide care and support at time of death

6. Patient and Family Education and Advocacy (10%)

A. Caregiver Support

1. Teach family and other caregivers techniques for patient care (e.g., positioning, ostomy care)
2. Monitor family and other care giver's ability to provide care
3. Monitor and respond to caregiver burnout
4. Identify and respond to neglect and abuse

B. Education

1. Identify and respond to barriers to learning (e.g., communication)
2. Teach about the end-stage disease process
3. Teach about pain and symptom relief
4. Teach alternative methods of pain and symptom relief (e.g., relaxation, distraction, humor, massage, aroma therapy)
5. Teach about home safety (e.g., oxygen, firearms, fall hazards, evacuation plan)
6. Teach about medication administration, compliance, safety, and disposal
7. Teach about the signs and symptoms of imminent death
8. Teach about self care methods

C. Advocacy

1. Monitor needs for levels of care or increased services
2. Facilitate communication between patient, family, and health care providers
3. Encourage patient and family to participate in decision-making regarding treatment options

4. Access appropriate interdisciplinary team (IDT) members and other resources to meet the needs of patient and family

7. Interdisciplinary and Collaborative Practice Issues (8%)

A. Coordinate and Collaborate

1. Coordinate patient care with other health care providers
2. Arrange for equipment, supplies, or medications
3. Communicate with patient's attending/primary care provider

B. Practice Issues

1. Identify and incorporate into practice standards (e.g., HPNA standards, ANA standards, NHPCO standards) and guidelines (e.g., National Consensus Project, WHO ladder, CDC)
2. Identify and incorporate legal regulations into practice (e.g., OSHA, Hospice Medicare Conditions of Participation, HIPAA)
3. Adhere to documentation standards for levels of care
4. Participate in evaluating educational materials for patients and family
5. Participate in quality assurance, performance improvement processes
6. Demonstrate awareness and knowledge of LPN/LVN scope of practice

C. Professional Development

1. Maintain boundaries between patient/family and staff
2. Contribute to development of peers, colleagues, and others as preceptor, educator, or mentor
3. Participate in self-care (e.g., stress management)
4. Read professional journals to remain current in practice
5. Maintain personal continuing education plan to update knowledge
6. Identify ethical concerns related to the end-of-life