

# IMPACT OF AN ‘END OF LIFE EDUCATION’ TRAINING COURSE ON KNOWLEDGE AND ATTITUDES OF NURSES AND PATIENT CARE ASSISTANTS IN A NURSING HOME

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## BACKGROUND

As Singapore’s population ages, an increasing number of elderly individuals reside in nursing homes. Many may opt for nursing homes as their preferred place of care and death.

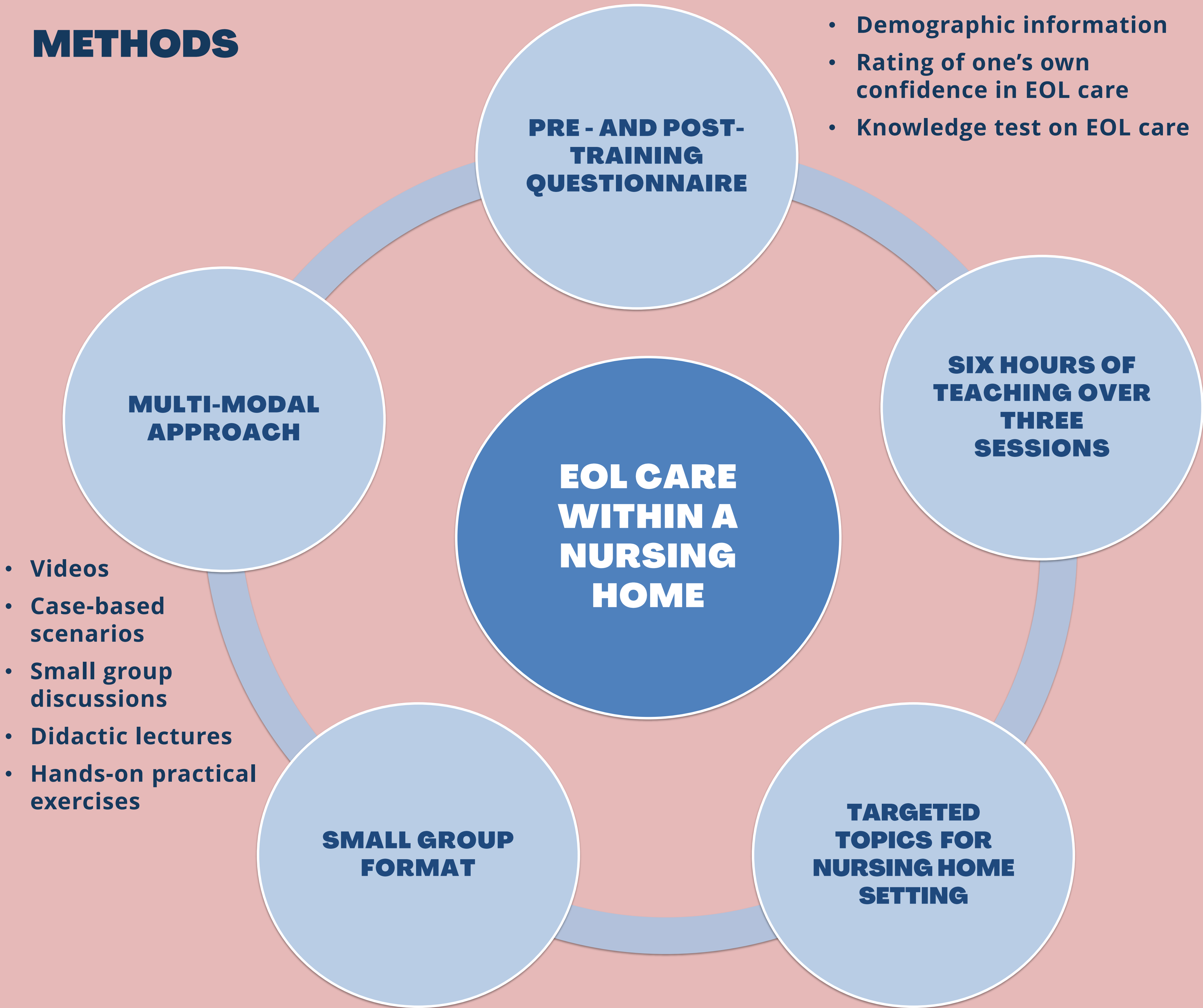
The 2023 Singapore National Strategy for Palliative Care Report highlights a low level of palliative care provision in nursing homes, with varying levels of capability and inconsistent access to palliative care services across different settings.

Nursing home staff face significant challenges in providing end-of-life (EOL) care, such as a lack of knowledge and confidence in EOL care. These gaps negatively impact the provision of care provided to residents during their final stages of life.

## HYPOTHESIS

A TARGETED EDUCATION COURSE TO NURSING HOME STAFF MAY HELP TO OVERCOME THESE GAPS.

## METHODS



## FINDINGS

### 21 PARTICIPANTS

- 29% Staff Nurses (SN) (17 years)
- 9% Enrolled Nurses (EN) (14 years)
- 62% Patient Care Assistants (PCA) (8 years)

### LACK OF PRIOR TRAINING

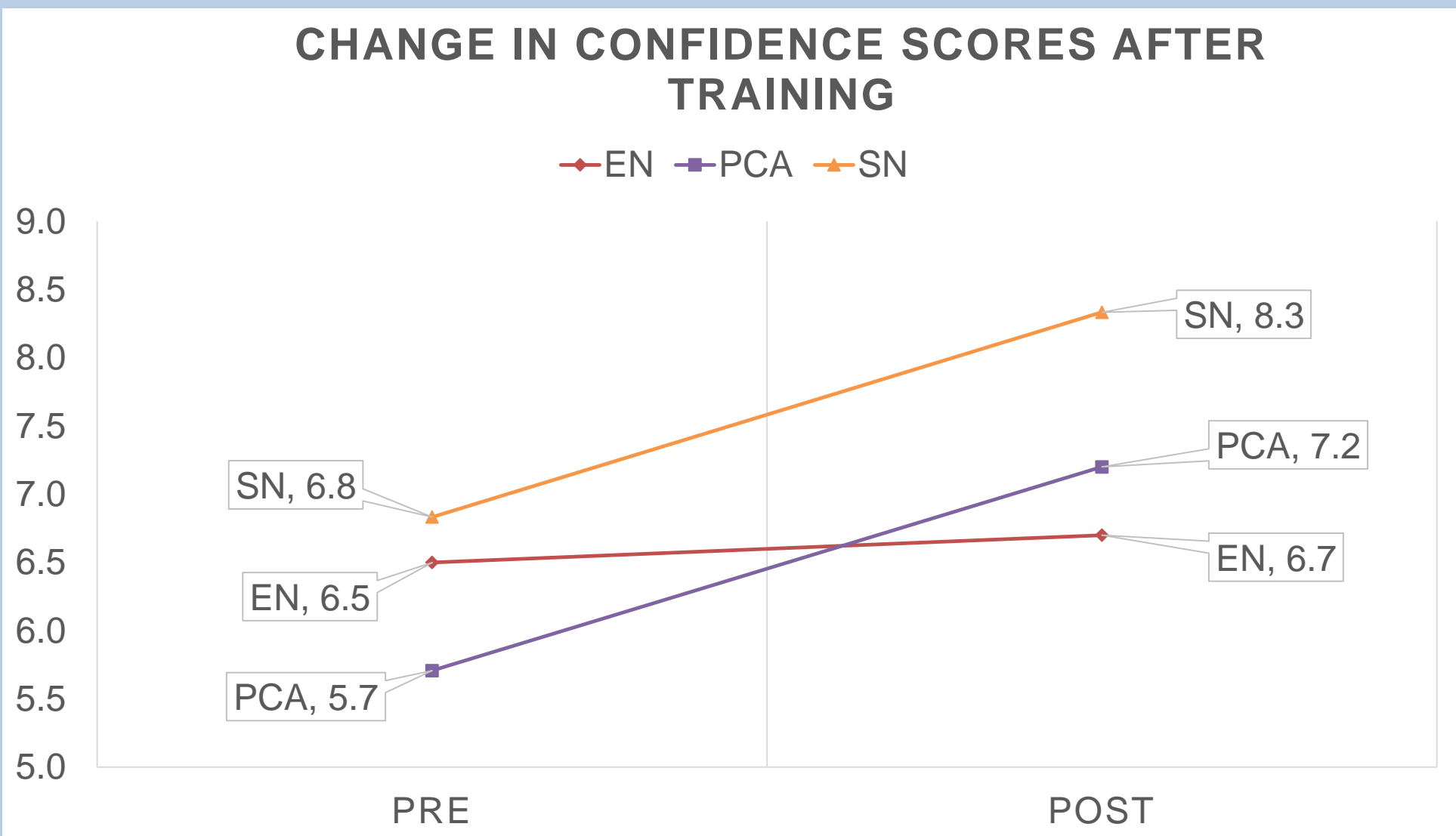
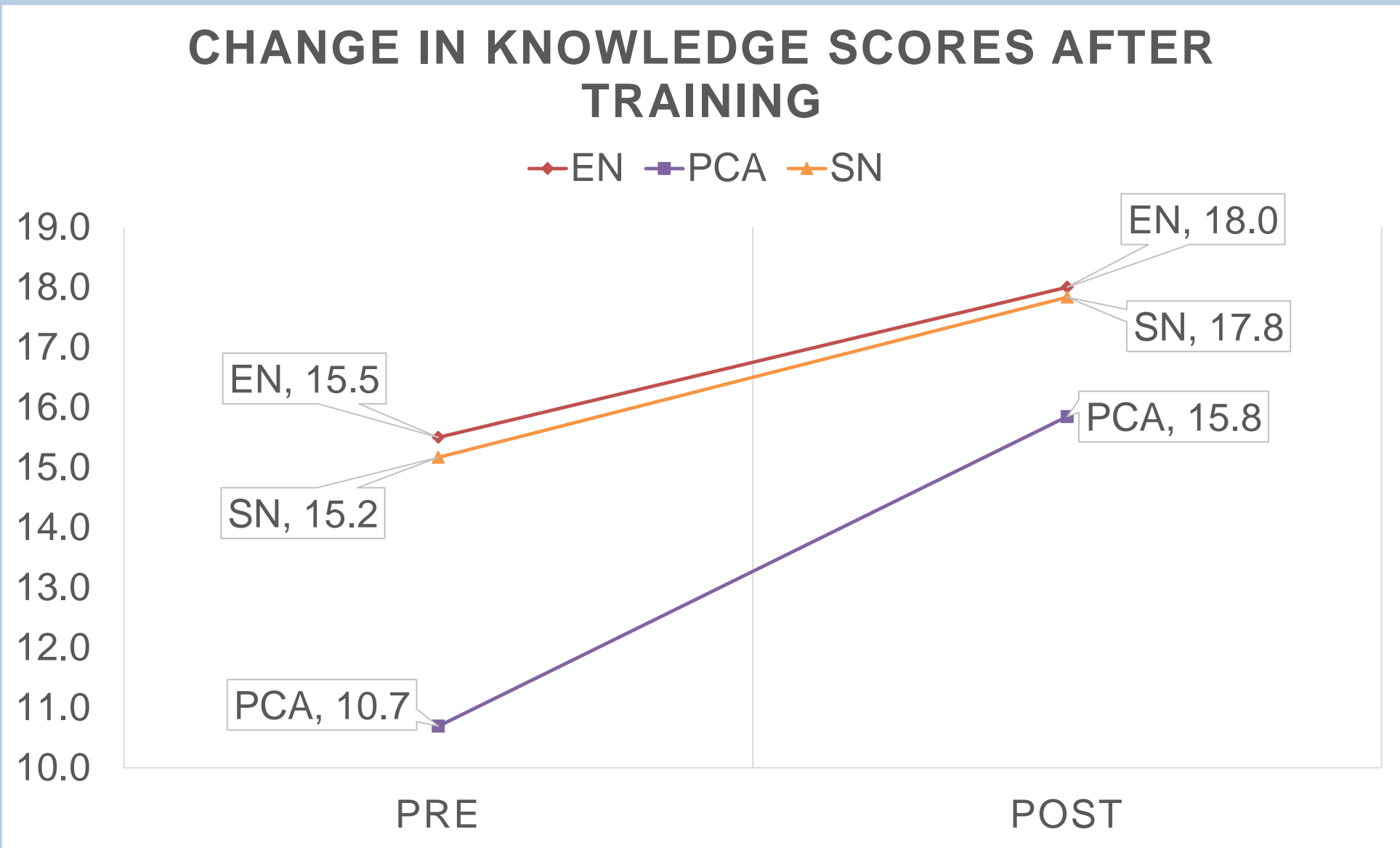
95% had not received any formal palliative training prior.

34% KNOWLEDGE INCREASE OVERALL  
*p < 0.05; significant improvements*

22% CONFIDENCE INCREASE OVERALL  
*p < 0.05; significant improvements*

BEST EFFECTS  
Greatest increase in knowledge was seen in patient care assistants, and healthcare professionals with least years of experience.

KNOWLEDGE AND CONFIDENCE NOT CORRELATED  
A surprising finding is that there is not much correlation between knowledge and confidence level. An increase in knowledge does not make one more confident.



## DISCUSSION

- 1 An educational course effectively improves knowledge and confidence in EOL care among nursing home staff.
- 2 Lack of correlation between knowledge and confidence suggest other factors might influence care confidence.
- 3 Future education could consider incorporating practice segments, e.g. bedside tutorials. This potentially bridges the gap between knowledge and actual care practices.
- 4 A possible limitation: one standardised level of training was applied to all nursing home staff who participated. These staff come from varying educational backgrounds and serve in different job scopes. This may inevitably have an impact on the results.

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