



Enabling Nursing Roles in Resuscitation Planning 7 Step Pathway



Government
of South Australia

SA Health

BACKGROUND

Partnering early with a patient, their Substitute Decision Makers (SDMs), Person Responsible, family/kinship relationships or significant others to make and document wishes and decisions around end-of-life treatment can have a significant and positive impact on a person's quality of life. In South Australia, all SA Health hospitals and services use the 'Resuscitation Planning - 7 Step Pathway' tool to provide a standardised process to develop, document and implement a clinical care plan which outlines a patient's end of life care (including resuscitation).¹

The SA Health *Resuscitation Planning- 7 Step Pathway Policy Directive* provides a step-by-step process to assist clinicians and their patients making and documenting decisions and associated clinical care plans about end-of life resuscitation.²

Whilst the documentation of resuscitation plans has traditionally been a medical practitioner's responsibility, nurse practitioners and specialist palliative care registered nurses (known here after as specialist palliative care RNs) have played a pivotal role in the timely and sensitive goals of care planning (including resuscitation discussions and planning) for their patients and families.

The COVID-19 pandemic provides an opportunity to review current processes and to build capacity within the nurse practitioner and specialist palliative care RN community to better meet the needs of South Australians at the end-of-life. At a time where the health system is grappling with the unprecedented challenges of the COVID-19 pandemic it is important to ensure that the changing needs of the community are met.

Nurse practitioners are key members of the healthcare team and collaborate with other nurses and healthcare professionals to provide a wide range of health services. They are able to independently and autonomously practice within the scope of nurse practitioner practice. Practicing at an advanced level nurse

practitioners are authorised to assess, diagnose and formulate a management plan within their scope of practice for people across the lifespan and health spectrum.³ Nurse practitioners working in palliative care, aged care and chronic disease models of care have advanced knowledge, capability and skills to provide patient centred care at the end-of-life including resuscitation planning.

Specialist palliative care RNs have a specific scope of clinical practice. They have the knowledge and clinical capability to provide evidence based palliative nursing care to patients who are at the end-of life. They provide nursing care in conjunction with the broader health care team to improve a patient's quality of life across all domains and in a wide range of settings. Their practice is interdisciplinary and they work alongside many health care professionals and pastoral and spiritual caregivers to ensure a patient's quality of life and wishes are central to the palliative care which is provided.⁴

Palliative care, aged care and chronic diseases nurse practitioners and specialist palliative care RNs play a pivotal role in providing timely palliative care for their patients and families including sensitive goals of care planning and resuscitation planning. Despite this, the documentation of the 'Resuscitation Plan-7 Step Pathway' has remained a medical practitioner's responsibility.

This document builds upon the existing *SA Health Resuscitation Planning 7-Step Pathway Clinical Policy Directive* and supports the expansion of resuscitation planning and documentation to palliative care, aged care and chronic disease nurse practitioners and credentialed specialist palliative care RNs. It must be read in conjunction with the *SA Health Resuscitation Planning 7 Step Pathway Policy Directive*, National Safety and Quality Health Service Standards and relevant South Australian legislation.

OBJECTIVE

Enabling nursing capability within established specialist palliative care nursing services to better meet the changing needs of the South Australian community by:

1. Acknowledging the important role of palliative care, aged care and chronic diseases nurse practitioners in resuscitation planning and expanding the SA Health Resuscitation Planning 7 Step Pathway Policy Directive to enable nurse practitioners to develop and document 'Resuscitation Plan- 7 Step Pathway' within SA Health and promoting consistency across all Local Health Networks.
2. Expanding the scope of clinical practice of SA Health credentialed specialist palliative care RNs to develop and document the 'Resuscitation Plan - 7 Step Pathway' in conjunction with the authorised palliative care medical specialist.

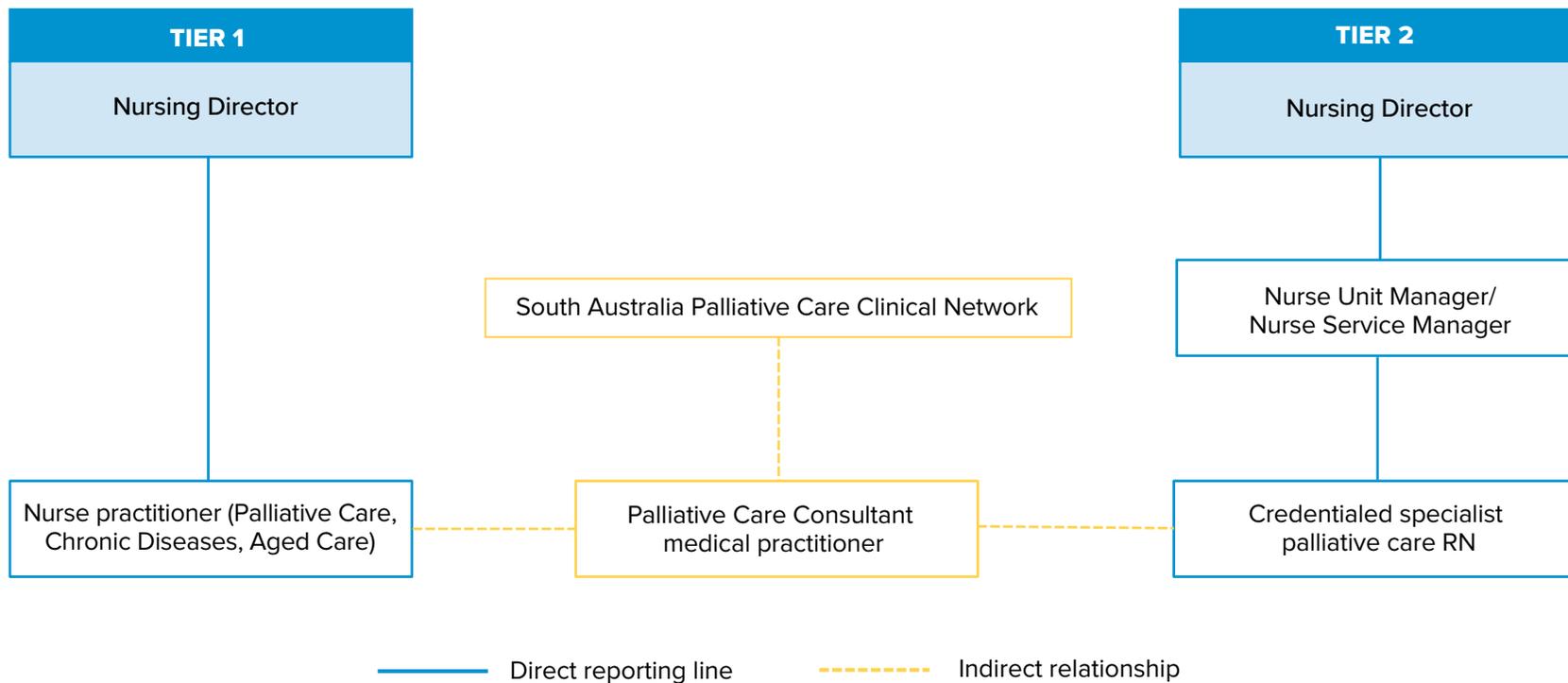
SCOPE

A tiered approach reflects the diversity in nursing roles and associated varying levels of knowledge, skills and experience in the palliative care nursing workforce within SA Health.

Tier 1: Nurse practitioner criteria	Tier 2: Specialist palliative care RN criteria
Employed and credentialed by SA Health	Employed by SA Health in palliative care speciality
Model of care in: <ul style="list-style-type: none"> > Palliative Care > Chronic Diseases > Aged Care 	Recency of practice in a SA Health palliative care service (minimum of three years)
Demonstrates collaborative partnerships with palliative care medical specialist	A minimum of 5 years' post graduate experience working in Palliative Care specialty
Are credentialed and work in a specific scope of clinical practice which includes Resuscitation planning- 7 Step Pathway documentation	Have 'opted in' to work to a specific scope of clinical practice which includes Resuscitation Planning- 7 Step pathway documentation
	Are credentialed and work within a specific scope of clinical practice which includes Resuscitation Planning- 7 Step pathway documentation in conjunction with the treating palliative care medical specialist within SA Health

GOVERNANCE

The governance framework provides a safety and quality focus and identifies the direct and indirect relationships between nurse practitioners, specialist palliative care RNs and other key roles.



EDUCATION, TRAINING AND ASSESSMENT

The SA Health *Resuscitation Planning- 7 Step Pathway Clinical Policy Directive* and associated toolkits provide a comprehensive framework to support the delivery of safe and high-quality end-of-life care. They include the following six tools: ⁵

Tool 1 Resuscitation Plan - 7 Step Pathway - summary of each step within the pathway
Tool 2 Recognising when a person is at end-of-life - identifies the triggers that can be used to identify when a person may be at end-of-life
Tool 3 Resuscitation Plan - 7 Step Pathway consultations - outlines a best practice approach to supporting health practitioners in having a conversation about end-of-life
Tool 4 Education and Training Framework for Resuscitation Planning - 7 Step Pathway - assists health services in identifying and meeting their obligations in ensuring that all staff receive sufficient training, instruction and supervision
Tool 5 Resuscitation Plan - 7 Step Pathway evaluation and metrics - provides health services with an overview of the minimum standards for governance
Tool 6 Enabling Nursing Roles in Resuscitation Planning - 7 Step Pathway - provides a framework for enabling nursing roles

SA Health nurse practitioners and specialist palliative care RNs seeking to be credentialed and include in their scope of clinical practice the development and documentation of the 'Resuscitation Plan 7-Step Pathway' must satisfy the principles outlined in the SA Health *Resuscitation Planning - 7 Step Pathway Policy Directive* and *Tool 4 - Education and Training Framework for Resuscitation Planning - 7 Step Pathway*.

Tier 1: Nurse practitioner education and training requirements

Initial requirements:

- Evidence of core skills and knowledge (Appendix 1)
- Evidence of completion of mandatory training components (Appendix 1)
- Revise nurse practitioner scope of clinical practice documents in conjunction with line manager to include 'Resuscitation Planning -7 Step Pathway' development and documentation

- Evidence of knowledge, skills and capability in line with SA Health requirements for credentialing and defining scope of clinical process for a nurse practitioner working in SA Health

Ongoing requirements:

- Evidence of maintenance of knowledge, skills and capability in line with SA Health requirements for recredentialing and renewal of scope of clinical practice process for a nurse practitioner working in SA Health.

Tier 2: Specialist palliative care RNs education and training requirements

Initial requirements:

- Decision to 'opt in' for specialist palliative care RNs,
- Support from nursing line manager and specialist palliative care medical practitioner,
- Evidence of core skills and knowledge (Appendix 1),
- Evidence of completion of mandatory training components (Appendix 1),
- 5 observed 'Resuscitation Planning- 7 Step Pathway' conversations with patients, their families and relevant decision makers, during which all elements of the resuscitation planning process are successfully completed.
- Evidence of knowledge, skills and capability in line with SA Health requirements for credentialing and defining scope of clinical process for registered nurses with a specific scope of clinical practice working in SA Health.

Ongoing requirements:

- 2 observed resuscitation planning conversations with patients, their families and relevant decision makers,
- Evidence of maintenance of knowledge, skills and capability in line with SA Health requirements for for recredentialing of registered nurses with a specific scope of clinical practice.

Assessing the 'Resuscitation Planning - 7 Step Pathway' skills and capability of nurse practitioners and specialist palliative care RNs must include the 'Resuscitation Planning- 7 Step Pathway' core capability criteria listed in Table 1.

Table 1: 'Resuscitation Planning - 7 Step Pathway' core capability criteria

Prepare	Identified triggers for a resuscitation planning conversation
	Assessment and development of an appropriate clinical plan
	Decision making capacity assessment
	Application of the consent hierarchy
Discuss	Skills in conducting a conversation
	Appropriate decisions about resuscitation and escalation of medical treatment
After	A plan for comfort and dignity
	Implementation of the plan including completion of the form, clinical handover process and support for the patient and family

MONITORING AND EVALUATION

Monitoring and evaluation of the quality and effectiveness of 'Resuscitation Planning- 7 Step Pathway' by nurse practitioners and specialist palliative care RNs is consistent with the requirements of the SA Health *Resuscitation Planning- 7 Step Pathway Policy Directive* and *Tool 5 – Resuscitation Plan - 7 Step Pathway evaluation and metrics*.

SUPPORTING DOCUMENTS LEGISLATION

- National Safety and Quality Health Service Standards
- National Consensus Statement: essential elements for safe and quality end-of-life care
- SA Health 'Resuscitation Planning 7 Step Pathway Policy Directive'
- SA Health 'Consent to Medical Assessment or Treatment Where Patient Consent Cannot be Obtained Policy Directive'
- SA Health 'Consent to Medical Treatment and Health Care Policy Guideline'
- SA Health Advance Care Policy Directive
- Consent to Medical Treatment and Palliative Care Act 1995 (SA)
- Advance Care Directives Act 2013 (SA)
- SA Health Policy Directive 'Governance Framework for Advanced Scope of Practice Roles And Extended Scope of Practice Roles in SA Health'

REFERENCES

1. Government of South Australia, SA Health, 'End of Life Care, Resuscitation Planning- 7 Step Pathway'. Available at: <https://www.sahealth.sa.gov.au/wps/wcm/connect/public+content/sa+health+internet/clinical+resources/clinical+programs+and+practice+guidelines/end+of+life+for+health+professionals/resuscitation+plan+7+step+pathway+for+health+professionals>
2. Government of South Australia, SA Health, 'Resuscitation Planning 7 Step Pathway- Clinical Directive'. Available at: <https://www.sahealth.sa.gov.au/wps/wcm/connect/public+content/sa+health+internet/clinical+resources/clinical+programs+and+practice+guidelines/end+of+life+for+health+professionals/resuscitation+plan+7+step+pathway+for+health+professionals>
3. Australian College of Nurse Practitioners website. Available at: www.acnp.org.au
4. Palliative Care Nurses Australia website. Available at: www.pcna.org.au/our-work
5. Government of South Australia, SA Health, 'Resuscitation Plan 7 Step Pathway for health professionals.' Available at: <https://www.sahealth.sa.gov.au/wps/wcm/connect/public+content/sa+health+internet/clinical+resources/clinical+programs+and+practice+guidelines/end+of+life+for+health+professionals/resuscitation+plan+7+step+pathway+for+health+professionals>
6. VITAL Talk website. Available at: www.vitaltalk.org
7. Centre for Palliative Care website, 'Victorian Palliative Care Nurse Practitioner Collaborative'. Available at: <https://www.centreforpallcare.org/page/87/nursing-vpcnpc>
8. Advance Care Planning Australia website. Available at: https://learning.advancecareplanning.org.au/blocks/androgogic_catalogue/index.php?view=tiles
9. Government of South Australia, SA Health, 'Advance Care Directives education and training.' Available at: <https://www.sahealth.sa.gov.au/wps/wcm/connect/public+content/sa+health+internet/clinical+resources/clinical+programs+and+practice+guidelines/end+of+life/education+and+training/advance+care+directives/advance+care+directives+education+and+training>

APPENDIX 1

Resuscitation Planning – 7 Step Pathway education and training requirements for nurse practitioners and specialist palliative care Registered Nurses

Demonstrable core knowledge and skills		
1	Effective Team work and communication	
2	Comprehensive knowledge of the Resuscitation Plan 7 Step Pathway process	
3	Comprehensive understanding of SA Health policy and guidelines:	SA Health 'Resuscitation Planning 7 Step Pathway Policy Directive'
		SA Health 'Consent to Medical Assessment or Treatment Where Patient Consent Cannot be Obtained Policy Directive'
		SA Health 'Consent to Medical Treatment and Health Care Policy Guideline'
		SA Health Advance Care Policy Directive
4	Sound understanding of SA Health Local Health Network procedures	
5	Comprehensive understanding of the legislative framework:	Consent to Medical Treatment and Palliative Care Act 1995 (SA)
		Advance Care Directives Act 2013 (SA)
6	Demonstrable understanding of the Informed Consent process, its application to resuscitation planning and documentation	Consent to Medical Treatment and Palliative Care Act 1995 (SA)
7	Comprehensive reporting and documentation skills	
8	Current understanding of best practice approaches	
9	Understanding of escalation pathways for complex resuscitation planning conversations	
Mandatory Training components		
1	Evidence of completion of SA Health eLearning modules Resuscitation Planning 7 step pathway	
2	Demonstrate a comprehensive understanding of Advance Care Directive legislation and application to clinical practice	
3	5 observed 'Resuscitation Planning- 7 Step Pathway' conversations with patients, their families and relevant decision makers, during which all elements of the resuscitation planning process are successfully completed. (Specialist palliative care RNs only)	
Additional educational/development resources		
1	'VitalTalk' website ⁶	
2	Mentoring relationship with palliative care specialist (nursing or medical)	
3	Victorian Palliative Care Nurse Practitioner Collaborative	

For more information

Department for Health and Wellbeing
Nursing and Midwifery Office
11 Hindmarsh Square
Adelaide SA 5000
www.sahealth.sa.gov.au/NursingandMidwifery

For Official Use Only I2-A2



<https://creativecommons.org/licenses/>

© Department for Health and Wellbeing, Government of South Australia.
All rights reserved. ISBN: 978-1-76083-258-2 FIS: 20115 December 2020.



**Government
of South Australia**

SA Health