Summary

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Palliative care nursing requires a various range of knowledge, attitudes and skills to provide nursing care for people at the end-of-life (EOL). It involves supporting patients' physical, emotional needs and offers support for family and loved ones (WHO) identified three main fundamentals on the provision of palliative care should be based. These are: the development of national policy to advocate for the provision of palliative care as part of the essential health service system by the government, pain control that requires training and awareness of health professionals, and support to change regulations to make effective pain relief available and finally, training for health workers and public education Perceived self-competence has been used in the palliative care setting and refers to nurses' assessment of their level of competence to provide quality care to patients and family approaching EOL **(WHO, 2014).**

The present study aims to assess nurses' perceived competencies toward palliative and end of life care through the following objectives:

- Assessing nurses' Knowledge, Attitude and practice toward palliative and end of life care.

- Assessing nurses perceived competencies toward palliative and end of life care.

Research question

1) Are nurses' having enough Knowledge, Attitude and practice toward palliative and end of life care?

2) Are nurses having perceived competencies toward palliative and end of life care?

Methodology Research design:

Descriptive research design was used for conducting the study.

Setting:

The study was conducted in out-patient clinic in Beni-suef University Hospital,

Egypt

Sampling*:*

➢ **Type of the sample:**

A convenience sample was used to choose 104 nurses who work in palliative and end of life care in Out-Patient clinic that contain all nurses invited to participate in the study.

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Tool for data collection:

Tool I: Structured interview questionnaire: it was developed by the researcher and it consisted of three parts:

Part I: Concerning with Socio-demographic data for nurses. Including personal characteristics and professional characteristics

Part II: Participants' knowledge questionnaire was assessed about palliative care

. This Questionnaire consists of 33 questions toward Palliative and End of Life Care.

Part III: Nurses' attitudewhich consists of 34 items to indicate respondents' attitudes toward caring for Palliative and End of Life Care patients.

Tool II: Observational checklist was conducted to assess nurses' practice regarding Palliative and End of Life Care. The checklist had 26 practical questions related to PC practice.

Tool III: The questionnaire consisted of a total thirty-seven item under five explicit domains related to perceived competencies was developed and administered amongst this group.

Part A included twenty-one items that covered areas related to Communication and Relationship, Communication Skills, Managing Change, Professional development and Lifelong learning.

Part B Nursing core competencies included in the study and had 16 items.

Results:

The important finding that was obtained from the study can be summarized as follow:

- Regarding to Nurses' Total Knowledge toward Palliative care and End of Life Care the study results show that 70.7% of nurses had satisfactory knowledge and 30.3% of nurses had unsatisfactory knowledge.

- Regarding to Nurses' Total Attitude toward Palliative and End of Life the study results delineate that 65.6% of nurses' total attitude toward palliative care had positive attitude and 35.4% of nurses' total attitude toward palliative care had negative attitude.

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- Regarding to Nurses' Total Practice towards Palliative and End of Life Care the study results demonstrate that 55% of nurses' total practice toward palliative care

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was satisfactory and 45% of nurses' total practice toward palliative and End of Life Care was unsatisfactory.

- Regarding to Nurses' Total Perceived Competences towards Palliative and End of Life Care the study results indicate that 55.7% of nurses had high total perceived competencies and 44.3% of nurses had low total perceived competencies.

- Regarding the Relation between Nurses' Total Perceived Competencies, Total Knowledge, Total Practice and Total Attitude the study results show that there is highly statistically significant between nurses' total perceived competencies, total knowledge, total practice and total attitude. (**) high statistically significant P

≤0.001.

Conclusion

On the light of results of the current Study and answers of the research questions, it could be concluded that: there is highly statistically significant between nurses' total knowledge and their total practice regarding Palliative and End of Life Care. Also, there is highly statistically significant between nurses' total practice and their total attitude. Moreover, there is a statistically significant between nurses' total knowledge and their demographic characteristics**.** There is a statistically significant between nurses' total practice and their demographic characteristics. And there is a statistically significant between nurses' total attitude and   their demographic characteristics except income. Also, there is highly statistically significant between nurses'   total perceived competencies, total knowledge, total practice and total attitude. Where P ≤0.001.

Recommendations

"On the light of the current study findings the following recommendations are suggested:

- Continuous education program to improve knowledge and practice of nurses through carrying out continuing educational programs about palliative care and collaboration with other organizations and institutions.

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- Developing palliative care evidence–based program which should available in all hospital to be followed by all nurses.

- Guidance to assist nurses who are involved in palliative care should be developed and provided accordingly.

- Further research: Train nurses in a wide range of facilities and settings provide educational support and help maintain stable nursing workforce.