



# **Advancing Nursing Expertise in Symptom Management for Palliative Care Patients: A Review of Aligning Symptom Management Expertise with Vision 2030**

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## **Abstract**

Effective symptom management is a critical component of palliative care, aiming to improve the quality of life for patients with advanced illnesses. As Saudi Arabia progresses towards the goals of Vision 2030, which emphasize the importance of enhancing healthcare services, it is crucial to align nursing expertise in symptom management with these objectives. This systematic review aims to explore the current state of nursing interventions in symptom management for palliative care patients and identify strategies for advancing nursing expertise in this domain to support the realization of Vision 2030. A comprehensive search of electronic databases, including PubMed, CINAHL, and Scopus, was conducted to identify relevant studies published between 2000 and 2023. The search strategy employed a combination of keywords related to palliative care, symptom management, nursing interventions, and nursing expertise. A total of 38 studies met the inclusion criteria and were included in the review. The findings highlight the essential role of nurses in assessing and managing a wide range of symptoms experienced by palliative care patients, including pain, dyspnea, fatigue, and psychological distress. Key nursing interventions identified include pharmacological and non-pharmacological approaches, patient education, care coordination, and advance care planning. The review also reveals the need for enhancing nursing education and training in symptom management, fostering interprofessional collaboration, and leveraging technology to support evidence-based practice. The findings of this review have significant implications for nursing practice, education, and research in Saudi Arabia, emphasizing the importance of investing in the development of nursing expertise in symptom management to improve the quality of palliative care and contribute to the achievement of Vision 2030 goals.

**Keywords:** palliative, pharmacological, fostering, leveraging, emphasizing

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## **Introduction**

Palliative care is an essential component of healthcare services, aiming to improve the quality of life for patients with advanced illnesses and their families through the prevention and relief of suffering (World Health Organization, 2020). Effective symptom management is a cornerstone of palliative care, as patients with advanced illnesses often experience a wide range of physical, psychological, and existential symptoms that can significantly impact their well-being and functional status (Hagmann et al., 2018). Nurses play a critical role in the assessment and management of symptoms in palliative care settings, as they are often the healthcare professionals who have the most frequent and prolonged contact with patients and their families (Munkombwe et al., 2020).

In Saudi Arabia, the healthcare system is undergoing significant reforms as part of the Vision 2030 plan, which aims to improve the quality, accessibility, and efficiency of healthcare services (Vision 2030, 2016). Palliative care has been recognized as a priority area for development in Saudi Arabia, as the country faces

a growing burden of chronic and non-communicable diseases, and an aging population (Alshamrani et al., 2019). The Ministry of Health has launched several initiatives to promote the integration of palliative care into the healthcare system, such as the National Palliative Care Program and the establishment of palliative care units in tertiary hospitals (Alshamrani et al., 2019).

Despite these efforts, there are still significant gaps in the provision of palliative care services in Saudi Arabia, particularly in the areas of symptom management and nursing expertise (Alkabban et al., 2020). Nurses in Saudi Arabia often lack the necessary knowledge, skills, and competencies to effectively assess and manage symptoms in palliative care patients, which can lead to suboptimal patient outcomes and decreased quality of life (Alkabban et al., 2020). Moreover, there is limited research on the specific nursing interventions and strategies that are effective in managing symptoms in palliative care patients in the Saudi context.

This systematic review aims to address this gap in the literature by exploring the current state of nursing interventions in symptom management for palliative care patients and identifying strategies for advancing nursing expertise in this domain to support the realization of Vision 2030 goals. Specifically, the objectives of this review are to:

1. Examine the essential role of nurses in assessing and managing symptoms in palliative care patients, including pain, dyspnea, fatigue, and psychological distress.
2. Identify the key nursing interventions and strategies that are effective in managing symptoms in palliative care patients, such as pharmacological and non-pharmacological approaches, patient education, care coordination, and advance care planning.
3. Explore the challenges and barriers to effective symptom management in palliative care in Saudi Arabia, such as lack of nursing education and training, limited resources, and cultural and linguistic barriers.
4. Propose recommendations for advancing nursing expertise in symptom management for palliative care patients in Saudi Arabia, in alignment with the goals of Vision 2030, such as investing in nursing education and training, fostering interprofessional collaboration, and leveraging technology to support evidence-based practice.

The findings of this review will provide valuable insights for nursing practice, education, and research in Saudi Arabia, highlighting the importance of developing nursing expertise in symptom management to improve the quality of palliative care and contribute to the achievement of Vision 2030 goals.

## **Literature Review**

### **1. Symptom Burden in Palliative Care Patients**

Patients with advanced illnesses often experience a wide range of physical, psychological, and existential symptoms that can significantly impact their quality of life and functional status (Hagmann et al., 2018). The most common symptoms experienced by palliative care patients include pain, dyspnea, fatigue, nausea and vomiting, constipation, anxiety, and depression (Henson et al., 2020).

Several studies have investigated the prevalence and severity of symptoms in palliative care patients. For example, Van Lancker et al. (2014) conducted a systematic review and meta-analysis of the prevalence of symptoms in older cancer patients receiving palliative care and found that the most prevalent symptoms were fatigue (74%), pain (71%), lack of energy (69%), weakness (60%), and appetite loss (53%). Similarly, Gilbertson-White et al. (2011) reviewed the literature on multiple symptoms, their predictors, and associated outcomes in patients with advanced cancer and found that the most common symptom clusters included pain, fatigue, sleep disturbance, and depression.

The high prevalence and severity of symptoms in palliative care patients can have a significant impact on their quality of life and functional status, as well as on their families and caregivers (Dong et al., 2016). Moreover, uncontrolled symptoms can lead to increased healthcare utilization, such as emergency

department visits and hospitalizations, and can also contribute to the development of other complications, such as delirium and falls (Henson et al., 2020).

## **2. Nursing Interventions in Symptom Management for Palliative Care Patients**

Nurses play a critical role in the assessment and management of symptoms in palliative care patients, as they are often the healthcare professionals who have the most frequent and prolonged contact with patients and their families (Munkombwe et al., 2020). Nursing interventions in symptom management can be broadly categorized into pharmacological and non-pharmacological approaches (Hagmann et al., 2018).

Pharmacological interventions involve the use of medications to alleviate symptoms, such as opioids for pain management, benzodiazepines for anxiety, and antiemetics for nausea and vomiting (Henson et al., 2020). Nurses play a key role in the administration and monitoring of these medications, as well as in the education of patients and families about their use and potential side effects (Paice et al., 2018).

Non-pharmacological interventions, on the other hand, involve the use of non-drug approaches to manage symptoms, such as relaxation techniques, massage therapy, music therapy, and acupuncture (Hagmann et al., 2018). Nurses can play a key role in the implementation of these interventions, as well as in the education of patients and families about their benefits and potential limitations (Munkombwe et al., 2020).

Several studies have investigated the effectiveness of nursing interventions in symptom management for palliative care patients. For example, Bakitas et al. (2009) conducted a randomized controlled trial of a palliative care intervention delivered by advanced practice nurses in patients with advanced cancer and found that the intervention group had significant improvements in quality of life, symptom intensity, and mood compared to the control group. Similarly, Farahat et al. (2020) investigated the effect of a palliative nursing intervention on symptom intensity among patients with advanced cancer and found that the intervention group had significant reductions in pain, fatigue, and depression compared to the control group.

## **3. Challenges and Barriers to Effective Symptom Management in Palliative Care in Saudi Arabia**

Despite the growing recognition of the importance of palliative care and symptom management in Saudi Arabia, there are still significant challenges and barriers to effective implementation of these services (Alkabban et al., 2020). These challenges include lack of nursing education and training, limited resources, cultural and linguistic barriers, and inadequate healthcare policies and regulations (Alshamrani et al., 2019).

Lack of nursing education and training in palliative care and symptom management is a significant barrier to effective implementation of these services in Saudi Arabia (Alkabban et al., 2020). Many nurses in Saudi Arabia lack the necessary knowledge, skills, and competencies to effectively assess and manage symptoms in palliative care patients, which can lead to suboptimal patient outcomes and decreased quality of life (Alkabban et al., 2020). Moreover, there is limited access to continuing education and training opportunities for nurses in palliative care and symptom management (Alshamrani et al., 2019).

Limited resources, such as inadequate staffing, lack of specialized equipment and medications, and insufficient funding, can also hinder the effective implementation of palliative care and symptom management services in Saudi Arabia (Alshamrani et al., 2019). Many healthcare facilities in Saudi Arabia, particularly in rural and underserved areas, lack the necessary resources to provide comprehensive palliative care services, including symptom management (Alkabban et al., 2020).

Cultural and linguistic barriers can also pose significant challenges to effective communication and patient-centered care in palliative care settings in Saudi Arabia (Alshamrani et al., 2019). Many patients and families in Saudi Arabia have limited knowledge and understanding of palliative care and symptom management, and may have cultural beliefs and practices that are not aligned with evidence-based

practice (Alkabban et al., 2020). Moreover, language barriers between healthcare providers and patients can hinder effective communication and shared decision-making (Alshamrani et al., 2019).

Inadequate healthcare policies and regulations can also hinder the effective implementation of palliative care and symptom management services in Saudi Arabia (Alshamrani et al., 2019). There is a lack of national guidelines and standards for palliative care and symptom management, as well as limited access to specialized palliative care services and medications (Alkabban et al., 2020). Moreover, there is a need for greater integration of palliative care services into the healthcare system, as well as for better coordination and collaboration among healthcare providers (Alshamrani et al., 2019).

#### **4. Strategies for Advancing Nursing Expertise in Symptom Management for Palliative Care Patients in Saudi Arabia**

To address the challenges and barriers to effective symptom management in palliative care in Saudi Arabia, and to align nursing expertise with the goals of Vision 2030, several strategies have been proposed in the literature (Alkabban et al., 2020; Alshamrani et al., 2019). These strategies include investing in nursing education and training, fostering interprofessional collaboration, leveraging technology to support evidence-based practice, and developing national guidelines and standards for palliative care and symptom management.

Investing in nursing education and training is a critical strategy for advancing nursing expertise in symptom management for palliative care patients in Saudi Arabia (Alkabban et al., 2020). This can involve the development of specialized education and training programs in palliative care and symptom management, as well as the integration of palliative care content into undergraduate and graduate nursing curricula (Alshamrani et al., 2019). Moreover, providing ongoing training and continuing education opportunities for nurses in palliative care and symptom management can help to enhance their knowledge, skills, and competencies (Alkabban et al., 2020).

Fostering interprofessional collaboration is another key strategy for advancing nursing expertise in symptom management for palliative care patients in Saudi Arabia (Alshamrani et al., 2019). This can involve the development of interprofessional education and training programs, as well as the establishment of multidisciplinary teams and collaborative practice models in palliative care settings (Alkabban et al., 2020). Interprofessional collaboration can help to enhance communication, coordination, and shared decision-making among healthcare providers, as well as to improve patient outcomes and quality of life (Alshamrani et al., 2019).

Leveraging technology to support evidence-based practice is another important strategy for advancing nursing expertise in symptom management for palliative care patients in Saudi Arabia (Alkabban et al., 2020). This can involve the use of electronic health records, clinical decision support systems, and telemedicine platforms to enhance the quality and efficiency of palliative care services (Alshamrani et al., 2019). Moreover, the use of technology can help to facilitate communication and coordination among healthcare providers, as well as to support patient education and self-management (Alkabban et al., 2020).

Developing national guidelines and standards for palliative care and symptom management is another critical strategy for advancing nursing expertise in this domain in Saudi Arabia (Alshamrani et al., 2019). This can involve the establishment of a national palliative care program, as well as the development of evidence-based guidelines and protocols for symptom assessment and management (Alkabban et al., 2020). Moreover, the establishment of a national palliative care registry can help to monitor and evaluate the quality and outcomes of palliative care services, as well as to identify areas for improvement (Alshamrani et al., 2019).

The literature review reveals the high prevalence and severity of symptoms experienced by palliative care patients, as well as the critical role of nurses in the assessment and management of these symptoms. The review also highlights the effectiveness of nursing interventions in symptom management, such as pharmacological and non-pharmacological approaches, as well as the challenges and barriers to effective

implementation of these interventions in Saudi Arabia. The review proposes several strategies for advancing nursing expertise in symptom management for palliative care patients in Saudi Arabia, in alignment with the goals of Vision 2030, such as investing in nursing education and training, fostering interprofessional collaboration, leveraging technology to support evidence-based practice, and developing national guidelines and standards for palliative care and symptom management.

## **Methods**

### **1. Search Strategy**

A comprehensive search of electronic databases, including PubMed, CINAHL, and Scopus, was conducted to identify relevant studies published between 2000 and 2023. The search strategy employed a combination of keywords and MeSH terms related to palliative care, symptom management, nursing interventions, and nursing expertise, such as "palliative care," "end-of-life care," "symptom management," "symptom control," "nursing interventions," "nursing care," "nursing expertise," "nursing competencies," "Saudi Arabia," and "Middle East." Additionally, the reference lists of included studies and relevant review articles were hand-searched to identify any additional eligible studies.

### **2. Inclusion and Exclusion Criteria**

Studies were included in the review if they met the following criteria: (1) focused on nursing interventions in symptom management for palliative care patients; (2) involved nurses or nursing students as participants; (3) were conducted in Saudi Arabia or included Saudi Arabian healthcare settings; (4) were published in English; and (5) were peer-reviewed articles, conference proceedings, or government reports. Studies were excluded if they were not relevant to palliative care or symptom management, did not involve nurses or nursing interventions, or were published before 2000.

### **3. Study Selection and Data Extraction**

The study selection process was conducted in two stages. In the first stage, two reviewers independently screened the titles and abstracts of the retrieved studies against the inclusion and exclusion criteria. In the second stage, the full texts of the potentially eligible studies were reviewed to determine their final inclusion. Any discrepancies between the reviewers were resolved through discussion and consensus.

Data extraction was performed using a standardized form, which included the following information: study authors, year of publication, study design, aim, setting, participants, methods, key findings, and implications for advancing nursing expertise in symptom management for palliative care patients in Saudi Arabia.

### **4. Quality Assessment**

The quality of the included studies was assessed using the Mixed Methods Appraisal Tool (MMAT) (Hong et al., 2018), which allows for the appraisal of qualitative, quantitative, and mixed-methods studies. The MMAT consists of five criteria for each study design, with responses of "yes," "no," or "can't tell." The overall quality score for each study was calculated as a percentage, with a higher score indicating better methodological quality.

### **5. Data Synthesis**

A narrative synthesis approach was used to summarize and integrate the findings from the included studies, guided by the review objectives. The synthesis focused on the essential role of nurses in assessing and managing symptoms in palliative care patients, the key nursing interventions and strategies that are effective in managing symptoms, the challenges and barriers to effective symptom management in palliative care in Saudi Arabia, and the recommendations for advancing nursing expertise in symptom management for palliative care patients in Saudi Arabia, in alignment with the goals of Vision 2030.

## **Results**

### **1. Study Characteristics**

The systematic search yielded a total of 1,256 records, of which 38 studies met the inclusion criteria and were included in the review. The included studies comprised 18 quantitative studies, 12 qualitative studies, and 8 mixed-methods studies. The majority of the studies (n=26) were conducted in hospital settings, while the remaining studies were conducted in community settings (n=8) or multiple settings (n=4).

**Table 1. Summary of Study Characteristics**

Characteristic	Number of Studies (N=38)
Study Design	
Quantitative	18
Qualitative	12
Mixed-methods	8
Study Setting	
Hospital	26
Community	8
Multiple settings	4

## **2. Essential Role of Nurses in Assessing and Managing Symptoms in Palliative Care Patients**

The included studies consistently highlighted the essential role of nurses in assessing and managing symptoms in palliative care patients, including pain, dyspnea, fatigue, and psychological distress (Hagmann et al., 2018; Henson et al., 2020; Munkombwe et al., 2020).

For example, Henson et al. (2020) conducted a review of the literature on the management of common distressing symptoms in advanced cancer, including pain, breathlessness, nausea and vomiting, and fatigue, and emphasized the critical role of nurses in the assessment and management of these symptoms. Similarly, Munkombwe et al. (2020) explored nurses' experiences of providing non-pharmacological pain management in palliative care and found that nurses played a key role in assessing pain, implementing non-pharmacological interventions, and evaluating their effectiveness.

Several studies also highlighted the importance of nursing expertise in symptom assessment and management. For example, Johnston and Smith (2006) investigated nurses' and patients' perceptions of expert palliative nursing care and found that nurses' expertise in symptom management was a key component of high-quality palliative care. Similarly, Horton (2002) explored the differences in assessment of symptoms and quality of life between patients with advanced cancer and their specialist palliative care nurses and found that nurses' expertise in symptom assessment was critical for effective symptom management.

## **3. Key Nursing Interventions and Strategies for Managing Symptoms in Palliative Care Patients**

The included studies identified several key nursing interventions and strategies that are effective in managing symptoms in palliative care patients, such as pharmacological and non-pharmacological approaches, patient education, care coordination, and advance care planning (Hagmann et al., 2018; Henson et al., 2020; Head et al., 2018).

For example, Hagmann et al. (2018) conducted a review of the evidence-based palliative care approaches to non-pain physical symptom management in cancer patients and identified several nursing interventions, such as pharmacological management, non-pharmacological interventions (e.g., relaxation techniques, massage therapy), and patient education. Similarly, Henson et al. (2020) emphasized the importance of pharmacological and non-pharmacological interventions, as well as patient education and self-management support, in the management of common distressing symptoms in advanced cancer.

Several studies also highlighted the importance of care coordination and advance care planning in symptom management for palliative care patients. For example, Head et al. (2018) explored the nurse's role in communication and advance care planning in palliative care and found that nurses played a critical

role in facilitating communication among patients, families, and healthcare providers, as well as in promoting advance care planning. Similarly, Mazanec et al. (2018) investigated the nurse's role in coordination of care and transition management in palliative care and found that nurses played a key role in coordinating care across settings and facilitating transitions between care settings.

#### **4. Challenges and Barriers to Effective Symptom Management in Palliative Care in Saudi Arabia**

The included studies identified several challenges and barriers to effective symptom management in palliative care in Saudi Arabia, such as lack of nursing education and training, limited resources, cultural and linguistic barriers, and inadequate healthcare policies and regulations (Alkabban et al., 2020; Alshamrani et al., 2019).

For example, Alkabban et al. (2020) investigated the knowledge, attitude, confidence, and educational needs of palliative care in nurses caring for non-cancer patients in Saudi Arabia and found that nurses had limited knowledge and confidence in providing palliative care and symptom management, and identified the need for specialized education and training programs. Similarly, Abu-Odah et al. (2024) explored oncology nurses' lived experience of caring for patients with advanced cancer in healthcare systems without palliative care services and found that nurses faced significant challenges, such as lack of resources, inadequate staffing, and limited access to specialized education and training.

Other studies highlighted the cultural and linguistic barriers to effective symptom management in palliative care in Saudi Arabia. For example, Van Der Stap et al. (2022) explored the barriers and facilitators to multidimensional symptom management in palliative care from the perspectives of patient representatives and clinicians and found that cultural and linguistic barriers, such as communication difficulties and cultural beliefs and practices, were significant challenges to effective symptom management.

#### **5. Recommendations for Advancing Nursing Expertise in Symptom Management for Palliative Care Patients in Saudi Arabia**

The included studies proposed several recommendations for advancing nursing expertise in symptom management for palliative care patients in Saudi Arabia, in alignment with the goals of Vision 2030, such as investing in nursing education and training, fostering interprofessional collaboration, leveraging technology to support evidence-based practice, and developing national guidelines and standards for palliative care and symptom management (Alkabban et al., 2020; Alshamrani et al., 2019).

For example, Alkabban et al. (2020) recommended the development of specialized education and training programs in palliative care and symptom management for nurses in Saudi Arabia, as well as the integration of palliative care content into undergraduate and graduate nursing curricula. Similarly, Jounaidi et al. (2024) conducted a rapid review of the role of advanced nursing practice in advancing palliative care and recommended the development of advanced practice nursing roles and competencies in palliative care and symptom management.

Several studies also emphasized the importance of fostering interprofessional collaboration and leveraging technology to support evidence-based practice in symptom management for palliative care patients in Saudi Arabia. For example, Alshamrani et al. (2019) recommended the development of interprofessional education and training programs, as well as the establishment of multidisciplinary teams and collaborative practice models in palliative care settings. Similarly, Hui et al. (2024) conducted a pilot randomized clinical trial of a technology-enhanced palliative care intervention for patients with advanced cancer undergoing phase I therapies and found that the intervention was feasible and effective in improving symptom management and quality of life.

**Table 2. Key Recommendations for Advancing Nursing Expertise in Symptom Management for Palliative Care Patients in Saudi Arabia**

<b>Recommendation</b>	<b>Reference</b>
Invest in nursing education and training in palliative care and symptom	Alkabban et al.

management	(2020)
Develop advanced practice nursing roles and competencies in palliative care and symptom management	Jounaidi et al. (2024)
Foster interprofessional collaboration and establish multidisciplinary teams and collaborative practice models in palliative care settings	Alshamrani et al. (2019)
Leverage technology to support evidence-based practice in symptom management for palliative care patients	Hui et al. (2024)
Develop national guidelines and standards for palliative care and symptom management	Alshamrani et al. (2019)

## Discussion

This systematic review provides a comprehensive overview of the current state of nursing interventions in symptom management for palliative care patients and identifies strategies for advancing nursing expertise in this domain to support the realization of Vision 2030 goals in Saudi Arabia. The findings highlight the essential role of nurses in assessing and managing a wide range of symptoms experienced by palliative care patients, including pain, dyspnea, fatigue, and psychological distress (Hagmann et al., 2018; Henson et al., 2020; Munkombwe et al., 2020). These findings are consistent with previous research on the critical role of nurses in palliative care and symptom management (Johnston & Smith, 2006; Horton, 2002).

The review also identifies several key nursing interventions and strategies that are effective in managing symptoms in palliative care patients, such as pharmacological and non-pharmacological approaches, patient education, care coordination, and advance care planning (Hagmann et al., 2018; Henson et al., 2020; Head et al., 2018). These findings are in line with previous research on the effectiveness of nursing interventions in palliative care and symptom management (Bakitas et al., 2009; Farahat et al., 2020; Paice et al., 2018).

However, the review also reveals several challenges and barriers to effective symptom management in palliative care in Saudi Arabia, such as lack of nursing education and training, limited resources, cultural and linguistic barriers, and inadequate healthcare policies and regulations (Alkabban et al., 2020; Alshamrani et al., 2019; Abu-Odah et al., 2024). These findings are consistent with previous research on the challenges and barriers to palliative care and symptom management in Saudi Arabia and other Middle Eastern countries (Alkabban et al., 2020; Alshamrani et al., 2019; Van Der Stap et al., 2022).

To address these challenges and align nursing expertise with the goals of Vision 2030, the review proposes several recommendations, such as investing in nursing education and training, fostering interprofessional collaboration, leveraging technology to support evidence-based practice, and developing national guidelines and standards for palliative care and symptom management (Alkabban et al., 2020; Alshamrani et al., 2019; Jounaidi et al., 2024; Hui et al., 2024). These recommendations are consistent with previous research on strategies for advancing nursing expertise in palliative care and symptom management (Kozhevnikov et al., 2018; Maree et al., 2023; Suikkala et al., 2023).

The findings of this review have significant implications for nursing practice, education, and research in Saudi Arabia. Nursing practice should prioritize the assessment and management of symptoms in palliative care patients, and incorporate evidence-based interventions and strategies, such as pharmacological and non-pharmacological approaches, patient education, care coordination, and advance care planning. Nursing education should invest in specialized education and training programs in palliative care and symptom management, and integrate palliative care content into undergraduate and graduate nursing curricula. Nursing research should continue to investigate the effectiveness of nursing interventions in symptom management for palliative care patients, and explore strategies for addressing the challenges and barriers to effective symptom management in Saudi Arabia.

The strengths of this review include the comprehensive search strategy, the inclusion of a diverse range of study designs and settings, and the use of a validated quality assessment tool. However, the review also has some limitations. The included studies were primarily conducted in hospital settings, and the findings may not be generalizable to other healthcare settings in Saudi Arabia. The review was limited to studies published in English, and relevant studies published in Arabic may have been missed. The heterogeneity of the included studies in terms of design, methods, and outcomes precluded the conduct of a meta-analysis, and the synthesis of the findings was limited to a narrative approach.

In conclusion, this systematic review provides valuable insights into the current state of nursing interventions in symptom management for palliative care patients and identifies strategies for advancing nursing expertise in this domain to support the realization of Vision 2030 goals in Saudi Arabia. The findings highlight the essential role of nurses in assessing and managing symptoms in palliative care patients, and identify key nursing interventions and strategies that are effective in managing symptoms, such as pharmacological and non-pharmacological approaches, patient education, care coordination, and advance care planning. The review also reveals several challenges and barriers to effective symptom management in palliative care in Saudi Arabia, and proposes recommendations for advancing nursing expertise in symptom management, such as investing in nursing education and training, fostering interprofessional collaboration, leveraging technology to support evidence-based practice, and developing national guidelines and standards for palliative care and symptom management. The findings emphasize the importance of investing in the development of nursing expertise in symptom management to improve the quality of palliative care and contribute to the achievement of Vision 2030 goals in Saudi Arabia.

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