

EDUCATING FAMILY PHYSICIANS IN PALLIATIVE CARE

A FOUR-DAY SMALL GROUP LEARNING PROGRAM AND PRECEPTORSHIP



November 5 - 8, 2020 | Four Points by Sheraton, Kingston



WIFI: Four Points Guest | no password required

PROGRAM AGENDA

DAY 1

Facilitator – Dr. Craig Goldie

Thursday, November 5, 2020

12:00 PM - 12:45 PM

Registration & Lunch

12:45 PM - 1:15 PM

Welcome, Introduction to Palliative Care Initiatives, Objectives & Overview

Dr. Craig Goldie

1:15 PM - 2:45 PM

Pain Management (Part I)

Dr. Craig Goldie

2:45 PM - 3:00 PM

Nutrition Break

3:00 PM - 4:00 PM

Advanced Pain Management (Part II)

Dr. Majid Iqbal

4:00 PM - 5:30 PM

Pain Cases

Dr. Majid Iqbal

LEARNING OBJECTIVES

The participant will:

- Integrate palliative models of care in their practice
- Identify local (Kingston) palliative care team capacity and organization resources
- Discuss pain, nociception, and basic pain ladder
- Recognize different opioid formulations, dosing, rotation and side effects
- Identify strategies for particular pains (e.g. neuropathic, bony)
- Integrate more advanced pain management techniques including CADDs, methadone, lidocaine, ketamine
- Identify interventional pain strategies (e.g. epidurals, intrathecal)
- Evaluate using palliative pain management strategies, including opioids, adjuvants in group case-based discussions

DAY 2

Facilitator – Dr. Majid Iqbal

Friday, November 6, 2020

7:30 AM - 8:00 AM

Continental Breakfast

8:00 AM - 8:45 AM

Oncology Updates for Family Physicians

Dr. Heather Ostic

8:45 AM - 10:00 AM

Dyspnea & Palliative Care in Non-Malignant Diseases

Dr. Hasitha Welihinda

10:00 AM - 10:15 AM

Nutrition Break

10:15 AM - 11:00 AM

Cases: Dyspnea & Palliative Care in Non-Malignant Disease

Dr. Hasitha Welihinda

11:00 AM - 12:00 PM

Palliation of Nausea & Vomiting

Dr. Danielle Kain

12:00 PM - 12:45 PM

Lunch

12:45 PM - 1:30 PM

Malignant Bowel Obstruction

Dr. Danielle Kain

1:30 PM - 2:30 PM

Constipation and Anorexia/Cachexia

Dr. Danielle Kain

2:30 PM - 2:45 PM

Nutrition Break

2:45 PM - 3:15 PM

Bereavement and Grief

Ms. Julia Davies

3:15 PM - 3:45 PM

Spirituality in Medicine

Ms. Janeta Kobes

3:45 PM - 4:45 PM

Cannabis in Palliative Care

Dr. Craig Goldie

LEARNING OBJECTIVES

The participant will:

- Discuss basic principles of palliative systemic cancer therapy: Indications; Benefits; Side effects
- Discuss the needs and role of palliative care in non-malignant conditions: cardiovascular, respiratory, renal, and neurologic (including dementia)
- Overview of a palliative approach to care for: Dementia; Neurological disorders (ALS); End-Stage Kidney Disease; Heart Failure & End-Stage Cardiac disease; COPD & IPF
- Practice using palliative symptom management strategies for non-malignant diseases in group case-based discussions.
- Identify causes of vomiting in the palliative care setting
- Identify the pharmacologic and non-pharmacologic approaches to nausea and vomiting in the palliative care setting
- Practice initiating and managing antiemetics through case-based discussions
- Review the prevalence and causes of malignant bowel obstructions
- Discuss treatment of partial and complete malignant bowel obstruction
- Discuss management of bowel obstructions in group case-based discussions
- Identify the pharmacologic and non-pharmacologic approaches to constipation and diarrhea
- Discuss prevalence and management of anorexia/cachexia in palliative patients
- Practice bowel management in group case-based discussions.
- Discuss the provision of bereavement and grief follow-up.
- Discuss the importance of spirituality in holistic care
- Utilize a suggested format for eliciting a patient's spiritual history
- Evaluate the evidence for medical cannabis in palliative care
- Provide clear instructions on how to authorize cannabis for palliative care patients
- Discuss the impact of legalization of recreational marijuana on palliative care

PROGRAM AGENDA

DAY 3

Facilitator – Dr. Danielle Kain

Saturday, November 7, 2020

7:30 AM - 8:00 AM

8:00 AM - 9:00 AM

9:00 AM - 10:00 AM

10:00 AM - 10:15 AM

10:15 AM - 11:30 AM

11:30 PM - 12:15 PM

12:15 PM - 1:15 PM

1:15 PM - 2:15 PM

2:15 PM - 2:30 PM

2:30 PM - 3:45 PM

Continental Breakfast

Delirium

Dr. Christopher Frank

Frailty as a Guide to Decision Making

Dr. Christopher Frank

Nutrition Break

Advance Care Planning, Goals of Care

Dr. Christopher Frank and Dr. Danielle Kain

Lunch

Emergencies in Palliative Care

Dr. Natalie Kondor

Proportionate Palliative Sedation and Definition of MAiD

Dr. Majid Iqbal

Nutrition Break

Care for the Imminently Dying Patient

Dr. Majid Iqbal

LEARNING OBJECTIVES

The participant will:

- Diagnose, assess and manage delirium to meet the palliative care patients' goals of care
- Incorporate palliative care principles into care of patients with frailty
- Identify the legal framework on advance care planning, goals of care, and consent.
- Highlight the benefits of early advance care planning.
- Provide resources and strategies for communication and decision-making
- Identify various emergencies in palliative care
- Discuss potential management options considering goals of care and location of care
- Discuss the terminology and definitions related to palliative sedation
- Discuss the terminology and definitions related to palliative sedation
- Integrate guidelines and recommendations for use of palliative sedation
- Contrast palliative sedation with MAiD
- Identify the symptoms and trajectory of imminently dying patients, including secretions and terminal delirium.

DAY 4

Facilitator – Dr. Natalie Kondor

Sunday, November 8, 2020

8:00 AM - 8:30 AM

8:30 AM - 10:00 AM

10:00 AM - 10:15 AM

10:15 AM - 11:30 AM

11:30 AM - 11:45 AM

11:45 AM - 12:30 PM

Continental Breakfast

Home Supports and Practical Tips

Dr. Alison Flanagan

Nutrition Break

Consolidating Palliative Care Cases

Dr. Alison Flanagan

Wrap-up and Closing Remarks

Dr. Alison Flanagan

Lunch and Program Close

LEARNING OBJECTIVES

The participant will:

- Integrate resources and critical pieces to provide end-of-life care in the home
- Identify palliative billing codes
- Practice managing palliative care cases to consolidate knowledge and skills
- Evaluate opportunities and challenges associated with providing palliative care

As part of this program, you are required to complete a pre-program needs assessment, a preceptorship and a post-program reflection.

PRECEPTORSHIP

Spend a day (not available on Saturday or Sunday) in Kingston with the Palliative Care team. You can choose from one of two options, which will be available on a first-come, first-served basis:

1. Half day at Kingston General Hospital plus half day at the Cancer Centre of South Eastern Ontario
2. Half day at the Palliative Care Unit at Providence Hospital plus half day of home visits

To schedule your preceptorship, please contact Keri Bazinet: Tel: (613) 548-2485 | Email: Keri.Bazinet@kingstonhsc.ca

POST PROGRAM REFLECTION

Your Post Program Reflection will be emailed to you approximately 2 months after the live program is completed.

FACULTY

Julia Davies, MSW, RSW, Social Worker, Cancer Centre of Southeastern Ontario

Alison Flanagan, MD, CCFP(PC), Assistant Professor, Division of Palliative Medicine, Department of Medicine, Queen's University

Christopher Frank, MD, FCFP(COE), Professor, Division of Geriatric Medicine, Department of Medicine, Queen's University

Craig Goldie, MD, CCFP(PC), FRCPC, Assistant Professor, Division of Palliative Medicine, Departments of Oncology, Medicine, and Family Medicine, Queen's University

Majid Iqbal, MD, PhD, CCFP(PC), Assistant Professor, Division of Palliative Medicine, Departments of Medicine & Oncology, Queen's University

Danielle Kain, MA, MD, CCFP(PC), Assistant Professor, Division of Palliative Medicine, Departments of Medicine & Oncology, Queen's University

Janeta Kobes, B.Th., CSRP, R.P., Spiritual Health Practitioner, Spiritual Health, Kingston Health Sciences Centre, Palliative Care, Oncology, Cancer Clinic

Natalie Kondor, MD, MSc, CCFP(PC), Assistant Professor, Division of Palliative Medicine, Department of Family Medicine, Queen's University

Heather Ostic, MD, CCFP, Assistant Professor, Departments of Oncology & Family Medicine, Queen's University; Clinical Associate, Cancer Centre of Southeastern Ontario

Hasitha Welihinda, MD, FRCPC, Assistant Professor, Division of Nephrology, Department of Medicine, Queen's University

PROGRAM PLANNING COMMITTEE

Craig Goldie, MD, CCFP(PC), FRCPC, Assistant Professor, Division of Palliative Medicine, Departments of Oncology, Medicine, and Family Medicine, Queen's University

Leonie Herx, MD, PhD, FCFP(PC), Associate Professor, Division Chair and Connell Chair, Division of Palliative Medicine, Department of Medicine, Queen's University

Danielle Kain, MA, MD, CCFP(PC), Assistant Professor, Division of Palliative Medicine, Departments of Medicine & Oncology, Queen's University

Christopher Frank, MD, FCFP(COE), Professor, Division of Geriatric Medicine, Department of Medicine, Queen's University

Richard van Wylick, MD, FRCPC, Associate Professor, Department of Pediatrics, Associate Dean, Continuing Professional Development, Queen's University



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68 Barrie Street, Queen's University
Kingston, Ontario K7L 3N6
P: 613-533-2540 | F: 613-533-6642



cpd.che@queensu.ca



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healthsci.queensu.ca/faculty-staff/opdes/