

EDUCATING FAMILY PHYSICIANS IN PALLIATIVE CARE

A FOUR-DAY SMALL GROUP LEARNING PROGRAM AND PRECEPTORSHIP



Date: TBD | Location: TBD

PROGRAM AGENDA

DAY 1

1:00 PM - 1:45 PM

Welcome, Introduction to Palliative Care Initiatives, Objectives & Overview

1:45 PM - 3:15 PM

Pain Management (Part I)

3:15 PM - 3:30 PM

Nutrition Break

3:30 PM - 5:00 PM

Pain Cases

5:00 PM - 5:30 PM

Goals of Care Discussion and Role Play

LEARNING OBJECTIVES

The participant will:

- Use palliative models of care in their practice
- Identify local (Kingston) palliative care team capacity and organization resources
- Discuss pain, nociception, and basic pain ladder
- Review different opioid formulations, dosing, rotation and side effects 3) Provide strategies for particular pains (e.g. neuropathic, bony)
- Identify need for advanced pain management techniques (e.g. CADDs, methadone) and interventional strategies (e.g. intrathecal catheters)
- Practice using palliative pain management strategies, including opioids, adjuvants in group case-based discussions
- Discuss advance care planning, goals of care, and consent in the context of their patient and situation
- Develop a plan of care for patients based on discussions with patients and substitute decision-makers

DAY 2

7:30 AM - 8:00 AM

Continental Breakfast

8:00 AM - 9:00 AM

Frailty as a Guide to Decision Making

9:00 AM - 10:15AM

Dyspnea & Palliative Care in Non-Malignant Diseases

10:15AM - 10:30 AM

Nutrition Break

10:30 AM - 11:15 AM

Cases: Dyspnea & Palliative Care in Non-Malignant Diseases

11:15 AM - 12:00 PM

Palliation of Nausea & Vomiting

12:00 PM 12:45 PM

Lunch

12:45 PM - 1:30 PM

Malignant Bowel Obstruction

1:30 PM - 2:15 PM

Constipation and Anorexia/Cachexia

2:15 PM - 3:00 PM

GI Cases

3:00 PM - 3:15 PM

Nutrition Break

3:15 PM - 4:00 PM

Bereavement and Grief

4:00 PM - 4:45 PM

Spirituality in Medicine

LEARNING OBJECTIVES

The participant will:

- Integrate palliative care principles into care of patients with frailty
- Discuss the needs and role of palliative care in non-malignant conditions: cardiovascular, respiratory, renal, and neurologic (including dementia)
- Practice using palliative symptom management strategies for non-malignant diseases in group case-based discussions
- Identify the pharmacologic and non-pharmacologic approaches to nausea and vomiting
- Recognize the prevalence and causes of malignant bowel obstructions
- Discuss treatment of partial and complete malignant bowel obstruction
- Integrate pharmacologic and non-pharmacologic approaches to constipation and diarrhea in clinical practice
- Discuss prevalence and management of anorexia/cachexia in palliative patients
- Practice initiating and managing antiemetics through case-based discussions
- Discuss management of bowel obstructions in group case-based discussions
- 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

PROGRAM AGENDA

DAY 3

7:30 AM - 8:00 AM

Continental Breakfast

8:00 AM - 9:00 AM

Cannabis in Palliative Care

9:00 AM - 9:45 AM

Oncology and Palliative Care Issues

9:45 AM - 10:00 AM

Nutrition Break

10:00 AM - 11:00 AM

Delirium

11:00 AM - 12:00 PM

Continuous Palliative Sedation Therapy and Definition of MAiD

12:00 PM - 12:45 PM

Lunch

12:45 PM - 1:45 PM

Emergencies in Palliative Care

1:45 PM - 2:00 PM

Nutrition Break

2:00 PM - 3:15 PM

Care of the Imminently Dying Patient

LEARNING OBJECTIVES

The participant will:

- Evaluate the evidence for medical cannabis in palliative care
- Produce clear instructions on how to authorize cannabis for palliative care patients
- Discuss the impact of legalization of recreational marijuana on palliative care
- Recognize how different types of chemotherapy and radiation regimens fit into patient goals
- Identify the roles that radiation and medical oncology play in symptom management and palliative emergencies
- Describe an approach to managing side effects of oncology treatments
- Diagnose, assess and manage delirium to meet the palliative care patients' goals of care
- Identify and describe emergencies in palliative care and how to manage them in various settings
- Identify and describe emergencies in palliative care and how to manage them in various settings
- Identify the symptoms and trajectory of imminently dying patients, including secretions and terminal delirium

DAY 4

8:00 AM - 8:30 AM

Continental Breakfast

8:30 AM - 10:00 AM

Home Supports and Practical Tips

10:00 AM - 10:15 AM

Nutrition Break

10:15 AM - 11:30 AM

Consolidating Palliative Care Cases

11:30 AM - 12:00 PM

Wrap-up and Closing Remarks

12:00 PM - 12:45 PM

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
- Evaluate aggregate palliative care cases to solidify knowledge from the course
- 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. Details will be provided at a later date.

POST PROGRAM REFLECTION

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