



Queen's
UNIVERSITY

HEALTH SCIENCES
Continuing Professional
Development

EDUCATING FAMILY PHYSICIANS IN PALLIATIVE CARE

A FOUR-DAY, SMALL GROUP LEARNING PROGRAM AND PRECEPTORSHIP



April 10 - 13, 2025
Kingston, Ontario

1:00 PM - Welcome, Introduction to Palliative Care Initiatives, Objectives & Overview

- **Dr. Julianne Bagg**

At the end of this session, learners will be able to:

- Review palliative models of care in their practice.
- Identify local (Kingston) palliative care team capacity and organization resources.

1:30 PM - Prognostication in Palliative Medicine

- **Dr. Julianne Bagg**

At the end of this session, learners will be able to:

- Describe the components of prognostication.
- Apply an approach to formulating a prognosis, based on patterns of functional decline and disease-specific indicators of poor prognosis.
- Discuss the process for communicating prognostic information with a patient and their family/caregivers.

2:30 PM - Delirium

- **Dr. Julianne Bagg**

At the end of this session, learners will be able to:

- Identify clinical presentations of delirium and recognize the etiologies, in patients receiving palliative care.
- Implement non-pharmacological and pharmacological options for delirium management strategies aligning with the goals of care of a patient.

3:15 PM - Nutrition Break

3:30 PM - Continuous Palliative Sedation Therapy

- **Dr. Danielle Kain**

At the end of this session, learners will be able to:

- Discuss the terminology and definitions related to continuous palliative sedation therapy.
- Integrate guidelines and recommendations for use of continuous palliative sedation therapy.

4:00 PM - Medical Assistance in Dying (MAiD)

- **Dr. Danielle Kain**

At the end of this session, learners will be able to:

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5:00 PM - End of Day

7:30 AM - Continental Breakfast

8:00 AM - Frailty as a Guide to Decision Making

- Dr. Chris Frank

At the end of this session, learners will be able to:

- Integrate palliative care principles into care of patients with frailty.

9:00 AM - Goals of Care Discussion and Role Play

- Drs. Chris Frank & Danielle Kain

At the end of this session, learners will be able to:

- Discuss advance care planning, goals of care, and consent in the context of their patient and situation.
- Develop a plan of care based on discussions with patients and substitute decision-makers.

9:45 AM - Nutrition Break

10:00 AM - Pain Management

- Dr. Majid Iqbal

At the end of this session, learners will be able to:

- Discuss pain, nociception, and basic pain ladder .
- Review different opioid formulations, dosing, rotation and side effects.
- 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).

12:00 PM - Lunch

12:45 PM - Pain Cases

- Dr. Majid Iqbal

At the end of this session, learners will be able to:

- Practice using palliative pain management strategies, including opioids, adjuvants, in group case-based discussions.

1:45 PM - Cannabis in Palliative Care

- Dr. Craig Goldie

At the end of this session, learners will be able to:

- 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.

2:30 PM - Nutrition Break

2:45 PM - Bereavement and Grief

- Maggie McDougall

At the end of this session, learners will be able to:

- Discuss the provision of bereavement and grief follow-up.

3:30 PM - Spirituality in Medicine

- Tim DeJonge

At the end of this session, learners will be able to:

- Discuss the importance of spirituality in holistic care.
- Utilize a suggested format for eliciting a patient's spiritual history.

5:00 PM - End of Day

7:30 AM - Continental Breakfast

8:00 AM

Dyspnea & Palliative Care in Non-Malignant Diseases

- Dr. Hasitha Welihinda

At the end of this session, learners will be able to:

- Discuss the role of palliative care in treating non-malignant illness: cardiovascular, respiratory, renal and neurologic (including dementia).

9:15 AM

Cases: Dyspnea & Palliative Care in Non-Malignant Disease

- Dr. Hasitha Welihinda

At the end of this session, learners will be able to:

- Practice using palliative symptom management strategies for non-malignant diseases in case-based group discussions.

10:00 AM - Nutrition Break

10:15 AM

Emergencies in Palliative Care

- Dr. Erin McCarthy

At the end of this session, learners will be able to:

- Identify various palliative care emergencies.
- Discuss potential management options considering the goals of care, and location of care, of the patient.

11:15 AM

Care of the Imminently Dying Patient

- Dr. Erin McCarthy

At the end of this session, learners will be able to:

- Identify the symptoms and trajectory of imminently dying patients.

12:00 PM - Lunch

12:45 PM

Oncology & Palliative Care Issues

- Dr. Arun Agha

At the end of this session, learners will be able to:

- Recognize how different types of chemotherapy and radiation regimens fit into a patient's goals.
- Identify the role of radiation and medical oncology in symptom management and palliative emergencies.
- Describe the side effects of oncology treatments and how to manage them.

1:45 PM

Gastrointestinal Symptoms

- Dr. Avanti Patel
- Dr. Cathy Lu

At the end of this session, learners will be able to:

- TBC

2:30 PM - Nutrition Break

2:45 PM

Gastrointestinal Symptoms (continued)

4:15 PM - End of Day

8:00 AM - Continental Breakfast

8:30 AM

Existential Distress

- Dr. Adrienne Selbie

At the end of this session, learners will be able to:

- TBC

9:15 AM

Home Supports and Practical Tips, Including Billing

- Dr. Adrienne Selbie

At the end of this session, learners will be able to:

- Integrate key resources to provide end-of-life care in the home
- Prepare for an expected death at home.
- Utilize palliative billing codes.

10:00 AM - Nutrition Break

10:15 AM

Home Supports and Practical Tips, Including Billing (continued)

11:15 AM

Consolidating Palliative Care Cases and Wrap-Up

- Dr. Julianne Bagg

At the end of this session, learners will be able to:

- Evaluate aggregate palliative care cases to solidify knowledge from the course.

12:00 PM - End of Program

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.

FACULTY

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Tim De Jonge, M.Div., Spiritual Health Practitioner at Kingston General Hospital, Registered Psychotherapist, CRPO, Certified Spiritual Care Practitioner, CASC

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PROGRAM PLANNING COMMITTEE

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