

# Comprehensive Palliative Care Skills for Medical Residents and Fellows

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This Learning Pathway contains comprehensive clinical skills training to help medical residents and fellows improve quality of life for patients living with serious illness. Topics include an introduction to the principles and practices of palliative care, communication techniques for effective conversations with patients and caregivers, pain and symptom management, and safe opioid prescribing. This Pathway contains approximately 11.5 hours of learning activities.

## Understanding Palliative Care

### Introduction to Palliative Care for Health Professionals

An introduction to palliative care, how it is delivered, its impact on quality of life, and the growing population of patients who need it.

### CAPC Palliative Care Referral Criteria

Checklist of triggers for referral to a specialty palliative care team.

## Communicating Effectively During Serious Illness

### Discussing Serious News

Learn best practices for having patient-centered conversations about a serious illness diagnosis.

### Discussing Prognosis With Patients and Caregivers

Learn how to effectively discuss prognosis with patients and their caregivers.

### Clarifying Patient Goals of Care

Learn best practices for building trust, eliciting patient values, and having patient-centered conversations about goals of care.

### Goals of Care Conversation: Role Play

In this video, Kacey Boyle, RN, MSPC, leads us through an example of a goals of care conversation between a clinician and a patient.

### **Leading a Patient and Caregiver Meeting**

Learn to effectively lead meetings that help patients and caregivers become aligned around the patient's goals.

### **Care Planning**

Learn techniques to help patients and their caregivers plan for the future, both during the early stages of a serious illness and as a disease progresses.

### **"I Don't See Color" Means You Don't See Me**

Why clinicians must unlearn well-intentioned but ultimately harmful conventions about race and ethnicity—and strategies to move forward.

## **Managing Pain Safely and Effectively**

### **Course 1: Comprehensive Pain Assessment**

Conducting a comprehensive pain assessment to guide safe and effective treatment.

### **Non-Opioid Chronic Pain Management**

Clinical training on the biological basis of chronic pain, building patient trust, and non-pharmacological and non-opioid treatments for managing chronic pain in patients with serious illness.

### **Opioid Prescribing for Chronic Pain**

Clinical training on prescribing an opioid trial for the management of a seriously ill patient's chronic pain.

### **Risk Mitigation Strategies for Opioid Prescribing**

Clinical training course on universal precautions to identify and assess opioid misuse, and prevent opioid use disorder (OUD) in patients with serious illness.

### **Prescribing Opioids: A Pocket Reference**

Opioid pocket reference for providers including safe starting doses, equianalgesic chart, and standard dosing strengths.

## **Managing Common Symptoms**

### **Anxiety in Patients with Serious Illness**

Take this online course to learn evidence-based strategies to identify and treat anxiety in patients with a serious illness.

### **Constipation in Patients with Serious Illness**

Constipation occurs in at least 70% of patients living with a serious illness and often goes unrecognized. Take this online course to learn critical skills to identify and manage the impact of constipation.

### **Depression in Patients with Serious Illness**

This online course teaches how to accurately identify and treat depression in patients living with a serious illness.

### **Dyspnea in Patients with Serious Illness**

Take this online course to learn how to manage dyspnea, including the physical causes of shortness of breath and the emotional impact on the patient.

### **Nausea and Vomiting in Patients with Serious Illness**

Nausea and vomiting are common symptoms of serious illness, and can cause dangerous complications. Take this online course to learn practical skills to identify, manage, and reduce these symptoms.

## **Preventing Avoidable Crises**

### **Reducing Risks for Older Adults**

This course provides context and best practices for identifying older adults at risk for poor outcomes, including falls, delirium, and caregiving challenges.

### **A Delirium Whodunit: Understanding the Causes of Delirium**

This interactive whodunit game challenges learners to conduct a thorough clinical investigation of a patient with delirium to diagnose the cause(s).

### **Deprescribing Escape Room: Reducing Medication-Related Harm**

This interactive escape room game challenges learners to conduct a thorough assessment of a patient whose multiple medications may be causing adverse effects, and determine which one(s) are candidates for deprescribing.

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