

Comprehensive Palliative Care Skills for Medical Residents and Fellows

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

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

After completing this course, learners will be equipped with evidence-based strategies to identify and treat anxiety in patients living with a serious illness.

Constipation

Constipation occurs in at least 70% of patients living with a serious illness and often goes unrecognized. After completing this course, learners will have the tools to successfully identify and manage the impact of constipation.

Depression

After completing this course, learners will have the tools to accurately identify and treat depression in patients living with a serious illness.

Dyspnea

After completing this course, learners will have the tools they need to manage dyspnea, including the physical causes of shortness of breath and the emotional impact on the patient.

Nausea/Vomiting

Nausea and vomiting are common symptoms of serious illness and can cause dangerous complications. After completing this course, learners will be equipped with 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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