

# Foundational Skills for All Physical Therapists

---

This Learning Pathway includes training and tools for all physical therapists to support the needs of patients living with serious illness, and improve quality of life for patients and families.

## Assess the Needs and Concerns of Patients

### 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.

### Revised Edmonton Symptom Assessment System (ESAS-r)

Assesses for nine symptoms experienced by patients with serious illness and quantifies their severity. Alberta Health Services.

### PHQ-4 Validated Screening Tool for Anxiety and Depression

Brief (4-question) screening tool for anxiety and depression.

### Social Needs Screen

Assessment tool and resource list to address social risk factors.

### FICA Spiritual Assessment Tool

Short conversation guide to elicit information about a patient's spiritual history and preferences.

### CAPC Palliative Care Referral Criteria

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

## Strengthen the Clinician-Patient Relationship and Understand Care Goals

### Care Planning Conversations

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.

## **Responding to Emotion: Vital Talk Quick Guide for Conversations**

Conversation framework and key phrases to share empathy and deepen your relationship with your patient. Vital Talk, 2019.

## **Unconscious Bias: What It Is, How It Influences Health Care, and What You Can Do About It**

Defines unconscious bias and how it influences patient care, and provides ways to reduce the impact of unconscious bias on care delivery.

## **Talking with Patients About Hospice**

This resource lists step-wise tips to foster comfortable, productive dialogue for 'the hospice conversation'.

# **Manage Pain and Symptoms**

## **Course 1: Pain and its Impact on Our Patients**

Learn to define and characterize pain, recognize the prevalence of pain, understand disparities in pain management based on race, ethnicity, and gender.

## **Course 2: How to Perform a Comprehensive Pain Assessment**

Learn the components of a comprehensive pain assessment and its importance in safe and effective pain management.

## **Course 3: Matching Treatment to Pain Type**

Gain an overview of pharmacologic and nonpharmacologic pain treatments, including risks and benefits, and learn how to match the analgesic to pain type.

## **Course 8: Problems with Opioid Prescribing: Is it an Opioid Use Disorder?**

Learn how to identify and diagnose opioid use disorder (OUD) and practice communicating with patients about OUD and pain management.

## **Cognitive Assessment Tools**

Recommended validated cognitive assessment tools.

## **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.

# **Prevent Crises and Help Patients Plan Ahead**

## **Safe and Age-Friendly Care 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.

## **Coordinating Care and Planning Ahead**

Guidance for all clinicians on improving communication and ensuring smooth transitions of care for patients living with serious illness.

## **Supporting Patients with Serious Illness to Plan Ahead**

Considerations for clinicians, patients, and families upon diagnosis, including advance care planning, personal care needs, legal and financial planning, work and retirement planning, and prevention of common medical risks.

## **FindHelp.org**

National database of community services - enter a zip code and locate assistance with food, housing, health services, care needs, and other resources.

## **Psychosocial Assessment for Patients with Serious Illness**

Assessment questions to help nurses understand the impact of serious illness on a patient's relationships, social and spiritual supports, financial stability, and trust in the health care system. Fast Facts, April 2020

## **National Hospital and Palliative Care Organization Hospice Medication Deprescribing Toolkit**

This collection of independent deprescribing guidance documents can assist hospice agencies when evaluating if medications could be continued or deprescribed.

## Deprescribing

This Fast Fact examines the barriers to deprescribing and describes a possible implementation model.

[View this page online](#)

You must be [logged in](#) to have full access to these resources. Not sure if you have a CAPC account? [Check here](#) to create one.