

# Improving Quality of Life for Patients with Heart Failure

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This learning pathway contains training and tools to improve quality of life for people living with heart failure, including communicating about care priorities and symptom management.

## **CAPC Palliative Care Referral Criteria**

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

## **Billing and Coding for Advance Care Planning (ACP) Services**

Requirements, best practices, documentation requirements, and time thresholds for Advance Care Planning (ACP) services.

## **Symptom Management**

### **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.

## **Pain Management Skills**

### **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 4: Prescribing an Opioid**

Learn how to decide on an appropriate opioid, route of delivery, and dose, and understand how to prescribe for incident and breakthrough pain.

### **Course 5: Practice Prescribing an Opioid**

Practice prescribing initial opioid doses for different pain types and characteristics. Learn to adjust dosing as needed to manage pain effectively.

### **Course 6: Creating a Pain Treatment Plan and Monitoring Effectiveness**

Learn to develop a pain treatment plan with realistic goals and proper documentation, and implement universal precautions to help with the risk of opioid use disorder.

### **Course 7: Advanced Opioid Prescribing: Converting to Long-Acting Opioids**

Learn how to convert from short-acting to long-acting opioids, and calculate rescue doses for breakthrough pain using updated equianalgesic tools.

### **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.

### **Course 9: Using Buprenorphine for Chronic Pain and Opioid Use Disorder**

Determine which patients may benefit from buprenorphine as a treatment for pain and opioid use disorder (OUD), and learn how to transition patients to buprenorphine.

### **Course 10: Managing IV Opioids**

Learn how to convert patients back and forth from oral to IV opioid formulations, how to prescribe patient-controlled analgesia (PCA), and how to treat acute pain crises.

## **Communication Skills**

### **Delivering Serious News to Patients and Caregivers**

Learn best practices for having patient-centered conversations about a serious illness diagnosis. These discussions are the foundation of building a trusting clinician-patient relationship.

### **Communicating Prognosis to Patients and Caregivers**

Learn how to effectively discuss prognosis with patients and their caregivers to ensure understanding and set the context for decision-making.

### **Leading Goals of Care Conversations**

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

### **Conducting Effective Patient and Caregiver Meetings**

Learn to effectively lead conversations that address a range of concerns and emotions to help patients and caregivers become aligned around the patient's 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.

## **Preventing Crises and Planning 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.

### **Supporting the Caregivers of People with Serious Illness**

This course offers tools and guidance for assessing and addressing the needs of caregivers of people with serious illness.

### **Coordinating Care and Planning Ahead**

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

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