

# Palliative Care Provider (MD, PA, and NP) Onboarding Curriculum

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This Learning Pathway contains recommended clinical training for new providers on the specialty palliative care team.

## **Introduction to Palliative Care for Health Professionals**

### **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.

## **Pain Management**

### **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.

## **Symptom Management**

### **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.

## **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.

## **Best Practices in Dementia Care and Caregiver Support**

### **Mitigating Distress in People Living with Dementia and Their Caregivers**

Gain an overview of the experience of living with dementia and learn how to relieve distress for people living with dementia, and their caregivers.

### **Talking About a Dementia Diagnosis with Your Patient**

Learn how to discuss a diagnosis of dementia with patients and caregivers in a way that is sensitive, clear, and supportive, from diagnosis across the dementia trajectory.

### **Preparing Patients and Caregivers for Dementia Progression**

Learn techniques for supportive communication with people living with dementia, and their caregivers, to help them prepare for the challenges they may face as dementia progresses.

## **Helping Patients Plan for the Future after a Dementia Diagnosis**

Learn how to facilitate future planning discussions with people living with dementia, and their caregivers, including evaluating decision-making capacity, appointing a health care proxy, and preparing for financial, legal, and other impacts of dementia.

## **Supporting the Caregivers of People Living with Dementia**

Learn how to support caregivers of people living with dementia, including assessment of caregiver burden and connecting caregivers to essential support systems.

## **Decoding Dementia Behaviors**

Learn about behavioral symptoms as a form of communication for people living with dementia, and how to assess their root cause and manage these symptoms.

## **Advanced Dementia: Managing Complications and Care Transitions**

Learn about common health complications for people living with advanced dementia and how to support patients and caregivers.

## **Addressing Mood and Sleep Disturbances in Dementia**

Learn how to mitigate and relieve common mood and sleep disturbances to improve quality of life for people living with dementia, and their caregivers.

## **Managing Gaps in Care: Discipline-Specific Approaches**

### **A Palliative Approach to Care for Direct Care Workers**

The role of the direct care worker in observing and reporting suffering in patients with serious illness.

## **Predicting and Minimizing Risks**

### **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.

## Building Physician Skills in Basic Advance Care Planning

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