CLRES 2602
Principles and Practice of Palliative Care

Dates: Fall & Spring Terms

Overview and Objectives:
- The broad objectives of this course are to provide trainees with an overview of the basic and clinical sciences underlying the professional care of dying patients, and to introduce them to the primary reference sources in the field of palliative medicine.
- The course will be taught in a small-group, discussion format, with faculty drawn from content-experts throughout the medical center. Discussions will combine analysis of the evidence base for a wide range of palliative care interventions with clinical case discussions. Cases will be drawn from the literature, faculty experience, and current clinical activities of the trainees themselves.

Responsibilities:
- Readings assigned to each session

Course Requirements:
- See individual session requirements
- Complete CLRES 2601

Attendance Policy:
- Students are expected to sign-in on the attendance record for each class.

Evaluation:
- There will be a take home examination at the end of the course (after 2601 and 2602) that will present a complex case for analysis based on the concepts covered in the course.

Required Textbook(s):

These books are available at the Health Center Book Store.
The complete course syllabus will be available online on Blackboard https://courseweb.pitt.edu/webapps/login/

Academic Integrity:
Students in this course will be expected to comply with the University of Pittsburgh’s Policy on Academic Integrity (http://www.provost.pitt.edu/info/ai1.html). Any student suspected of violating this obligation for any reason during the semester will be required to participate in the procedural process, initiated at the instructor level, as outlined in the University Guidelines on Academic Integrity. This may include, but is not limited to, the confiscation of the examination of any individual suspected of violating University Policy. Furthermore, no student may bring any unauthorized materials to an exam, including dictionaries and programmable calculators.
Course Schedule

Session 17: Cognitive/Behavioral Interventions for Pain Management

At the conclusion of this lecture, the student will be able to:
1. Explain the role of the mind-body connection in the experience and management of pain
2. Identify common cognitive distortions related to pain
3. List at least three cognitive/behavioral interventions for pain management
4. Describe the process of deep breathing, imagery, and progressive muscle relaxation techniques

Required Reading(s):
1. The Oxford Textbook of Palliative Medicine: 9.11 Psychological and psychiatric interventions in pain control
   http://www.ncbi.nlm.nih.gov/pmc/articles/PMC3218789/
At the conclusion of this lecture, the student will be able to:

1. List the most common sleep complaints associated with illness and describe the effects of sleep disturbances on patient care and outcome.
2. List the common reasons why patients complain of sleep disturbances.
3. Describe at least three interventions that health care practitioners can implement to reduce sleep disturbances or treat sleep disorders in patients.
4. Understand the risks of sleep medication use.
5. Describe sleep promoting behaviors that can be taught to and implemented by patients in a variety of healthcare settings.

Required Reading(s):

1. Oxford Textbook of Palliative Medicine 8.6 Sleep Disorders

Recommended Reading(s)

At the conclusion of this lecture, the student will be able to:

1. Describe at least three common signs and symptoms of grief.
2. List and describe the four stages of grief per stage theory of grief resolution.
3. Describe the terms anticipatory grief, disenfranchised grief and complicated grief.
4. List at least three risk factors for the development of complicated grief.
5. Describe appropriate circumstances in which to refer grieving persons to a mental health professional.

Required Reading(s):

1. The Oxford Textbook of Palliative Medicine: 17.7 Bereavement

Recommended Reading(s):

Session 20: Conducting a Family Conference

At the conclusion of this lecture, the student will be able to:

1. Describe three philosophical reasons for talking to surrogates about end of life care decisions.
2. Describe five purposes of a family conference.
3. Describe a five stage approach to facilitating a family meeting.
4. Describe how one might talk to a surrogate about forgoing life sustaining treatment.

Required Video(s):
1. http://www.vitaltalk.org/clinicians/family

Required Reading(s):
Session 21: Palliative Care in Amyotrophic Lateral Sclerosis

At the conclusion of this lecture, the student will be able to:

1. Describe at least three clinical manifestations and a method of prognostication for patients with amyotrophic lateral sclerosis.
2. Describe the importance of nutrition, ventilation, and pain management in this population.

Required Reading(s):

1. Evidence Based Palliative care
   a. Chapter 56: What special considerations are needed for individuals with amyotrophic lateral sclerosis, multiple sclerosis or Parkinson Disease?
2. Oxford Textbook of Palliative Medicine: 15.5 Neurological disorders other than dementia

Recommended Reading(s):

Session 22: Managing the Actively Dying Patient

At the conclusion of this lecture, the student will be able to:

1. List three physical exam findings that indicate death is imminent.
2. List and describe the management of at least three common physical symptoms in the final hours of life.
3. Describe the components of death pronouncement.

Required Reading(s):

1. The Oxford Textbook of Palliative Medicine 18.1 Management of the actively dying patient
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WINTER BREAK
At the conclusion of this lecture, the student will be able to:

1. Describe the level of evidence supporting the use of lidocaine or ketamine in the following clinical scenarios:
   a. neuropathic pain due to malignancy
   b. opioid induced hyperalgesia
   c. pain due to complex regional pain syndrome
   d. post-operative pain

2. Describe at least two potential adverse effects of lidocaine and two adverse effects of ketamine and the management of these effects.

Required Reading(s):

Recommended Reading(s):
1. Hardy J et al. Randomized, double-blind, placebo-controlled study to assess the efficacy and toxicity of subcutaneous ketamine in the management of cancer pain. J Clin Oncol. 30:3611-7, 2012  [http://jco.ascopubs.org/content/30/29/3611.full.pdf+html?sid=7cd766db-b0c8-42a3-932b-21ebf6b80c23](http://jco.ascopubs.org/content/30/29/3611.full.pdf+html?sid=7cd766db-b0c8-42a3-932b-21ebf6b80c23)
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Session 24: Palliative Sedation

At the conclusion of this lecture, the student will be able to:
1. Define palliative sedation
2. List two clinical indications for this intervention.
3. Name two medications and the doses used for palliative sedation

Required Reading(s):
3. The Oxford Textbook of Palliative Medicine: 18.2 Sedation at the end of life

Recommended Reading(s):
**Session 25: Artificial Hydration and Nutrition (AHN)**

At the conclusion of this lecture, the student will be able to:

1. Review ethical, legal, and religious issues associated with AHN
2. Describe the benefits and burdens of AHN at the end of life in
   a. patients who have cachexia due to advanced cancer
   b. patients with dementia and risk of aspiration
3. Identify three types of patients for whom you would recommend AHN.
4. Have a conversation with a family member who is asking AHN.

**Required Reading(s):**

Session 26: Professional Self-care and Reflection in End-of-Life Care

At the conclusion of this lecture, the student will be able to:
1. Describe sources of psychological and existential stress on the health care provider in the care of patients with life-limiting illnesses
2. Differentiate between stress, burnout, compassion fatigue, and depression by describing at least one similarity and one difference between each entity
3. List at least three personal and professional resources for dealing with psychological and existential stress
4. Identify at least one way to improve self-care in your day-to-day life

Required Reading(s):
1. Oxford Textbook of Palliative Medicine 4.16 Burnout, compassion fatigue, and moral distress in palliative care
Session 27: Palliative Uses of Radiation Therapy

At the conclusion of this lecture, the student will be able to:

1. Describe three different radiotherapy techniques including external beam radiation, radiosurgery and radionuclide therapy including how they are administered to patients and potential side effects.
2. List at least three indications for palliative radiation therapy.

Required Reading(s):

1. Oxford Textbook of Palliative Medicine 12.3 Radiotherapy in symptom management
2. Evidence Based Palliative Care
   a. Chapter 15: When should radiopharmaceuticals be considered for pain management?
At the conclusion of this lecture, the student will be able to:

1. Describe the indeterminate nature of the delivery of palliative care services within the U.S. health care system.
2. Recognize the policy challenges in palliative care that include the development of services and financing structures that accompany the clinical complexities of the final stages of life.
3. Identify the highlights and the ambiguities from the literature on the economics of hospice and palliative care.
4. Describe the current financing for palliative care in the inpatient, outpatient, and long-term care settings.

Required Reading(s):

1. Oxford Textbook of Palliative Medicine 2.6 The economic challenges of palliative medicine
5. Center to Advanced Palliative Care, Financing the Palliative Care Program http://www.capc.org/building-a-hospital-based-palliative-care-program/financing
Session 29: Integrative Medicine

At the conclusion of this lecture, the student will be able to:

1. Describe the level of evidence available to support the use of acupuncture for pain management.
2. Understand symptom-guided and evidenced-based approaches to the management of cancer patients with integrative modalities.
3. Discuss obstacles to the use of integrative modalities in the context of conventional medicine and oncology.
4. Describe a risk adapted approach to discussion about supplements with medical patients.

Required Reading(s):


Recommended Reading(s): http://integrativeonc.org/integrative-oncology-guidelines (Use this link to access the first three readings below)

Session 3: Cultural Issues in End of Life Care

At the conclusion of this lecture, the student will be able to:

1. Describe the effects of culture, socioeconomic status, ethnicity, and gender on the experience of illness and health care.
2. Identify areas of potential conflict and confusion in the delivery of end-of-life care across cultures.
3. Describe methods of inquiry to elicit expectations and preferences that reflect cultural factors.

Required Reading(s):

   http://gerontologist.oxfordjournals.org/content/52/6/739.short
   http://europepmc.org/abstract/MED/19806850
At the conclusion of this lecture, the student will be able to:

1. Describe the difference between spirituality and religion.
2. Describe at least two common spiritual or existential concerns of patients and/or families at end of life.
3. Describe at least three aspects of end-of-life care of a faith tradition different than your own.

Required Reading(s):


Recommended Readings:

3. Oxford Textbook of Palliative Medicine 17.1 Spiritual Issues in Palliative Care
At the conclusion of this lecture, the student will be able to:

1. Describe a method for discussing treatment options.
2. Describe a values-based approach to discussing palliative care.
3. Be able to ask five key questions that help elicit patient values.
4. Understand how managing transitions is often linked to giving bad news.
5. Discuss how this conversation may differ in non-Oncological palliative care.

Required Reading(s):


Recommended Reading(s):

Session 33: Withdrawal of Life Support

At the conclusion of this lecture, the student will be able to:

2. Describe the ethical principles for withholding and withdrawing life-sustaining therapy.
3. Describe a medication regimen to ensure comfort during/after withdrawal of mechanical ventilation, discontinuation of LVAD and transition to comfort for patient with intracranial process (mass, bleed or leptomeningeal disease).
4. Describe how transition to comfort may be affected by patient’s organ transplant donor status.

Required Reading(s):
1. Oxford Textbook of Palliative Medicine 5.8 Withholding and Withdrawing Life-Sustaining Treatment