CLRES 2602
Principles and Practice of Palliative Care

Course Director: David Barnard, Ph.D. J.D.
Time: Monday, 4 – 5 p.m. (11/8/2010-12/6/2010 the class time is 4:30-5:30pm)
Location: MUH G 100 Conference Room (this may change)

Overview:

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.

Evaluation:

There will be a take home examination at the end of the course that will present a complex case for analysis based on the concepts covered in the course.

Availability of Assigned Readings:

There are two required textbooks:


These books are available at the Health Center Book Store.

The complete course syllabus will be available online and a hard copy will be distributed at the first class session. Readings not taken from the textbooks will be available online. Directions for access to this material will be forwarded separately.
Session 17: Special Populations: Cardiac and Pulmonary Disease
11/8/2010
Instructor: Winnie Teuteberg, M.D.

Learning Objectives:

1. Know the disease trajectory in patients with advanced cardiopulmonary disease.

2. Describe prognostication in patients with advanced cardiopulmonary disease.

3. Manage physical symptoms specific to this patient population.

4. Describe role of hospice in caring for these patients.

Required Readings:


Session 18: Artificial Nutrition and Hydration
11/15/2010
Instructor: Winnie Teuteberg, M.D.

Learning Objectives:

1. Define the following terms.

   Non-oral feeding

   Artificial hydration

2. Describe the benefits and burdens of artificial hydration/feeding (ANH) at the end of life.

   A. TPN
      a) In cancer patients
      b) In patients with dementia

   B. Enteral feedings
      a) In cancer patients
      b) In patients with dementia

   C. IV hydration at the end of life
      a) In cancer patients
      b) In patients with dementia
3. Review ethical and religious issues associated with AHN.

4. Discuss communication strategies with family and staff concerning EOL hydration/feeding.

Required Readings:


**Session 19: Palliative Uses of Radiation Therapy**

11/22/2010

**Instructor:** John Flickinger, M.D.

Learning Objectives:

1. To understand different radiotherapy techniques, how they are applied, and possible side effects.

2. To understand indications for radiation therapy in the setting of palliative care.

Required Readings:


   Powers WE, Ratanatharathorn V. Palliation of bone metastase, pp 2199-2225.

Recommended Readings:


**Session 20: Managing the Actively Dying Patient**

11/29/2010

**Instructor:** Tamara Sacks, MD

**Learning Objectives:**

1. Know physiologic signs that death is imminent.

2. Manage common physical symptoms in the final hours of life.

3. Know how to prepare and support patient, family, and caregivers.

4. Know how to pronounce death.

**Required Reading:**


Session 21: Special Populations: Neurologic Conditions
11/30/2010
Instructors: David Lacomis, M.D.

Learning Objectives:

1. Demonstrate basic knowledge of the physiologic and pathologic processes of ALS and related neurodegenerative diseases.
2. Describe the medical and psychological aspects of prognostication in ALS.
3. Apply the fundamentals of palliative care to patients with ALS.
4. Learn the clinical manifestations of amyotrophic lateral sclerosis.
5. Understand the basic causes of motor neuron degeneration in ALS.
6. Appreciate the importance of nutrition, ventilation, and pain management in this population.
7. Appreciate the need for palliative care in the ALS population.

Required Readings:


Session 22: Bereavement
12/6/2010
Instructor: Charlene Amato, MSW, BCD, LCSW

Learning Objectives: Pending

Required Reading: Pending

Session 23: Special Populations: Pediatrics
1/10/2011
Instructors: Carol May, R.N., M.S.N.

Learning Objectives:

1. Describe common life-limiting illnesses in the pediatric population and their usual disease course.
2. Discuss developmental influences on children’s understanding of death.

3. Outline the role of palliative care for a child with a potentially life-limiting condition.


5. Discuss emotional, legal, and ethical factors influencing the decision making process in pediatric palliative care.

Reading:

   
   
   9.3. Stevens, M. Psychological adaptation of the dying child.
   
   9.5. Davies, B, Sumner, L. Special consideration for children in palliative medicine.

Session 24: Communication: Discussing Goals of Care
1/24/2011
Instructor: Bob Arnold, M.D.

Learning Objectives:

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 Readings:


2. Quill TE. I wish things were different: Expressing wishes in response to loss, futility, and unrealistic hopes. Ann Intern Med, 2001; 135(7):551-5.

Recommended Readings:


Session 25: Functional Assessment
1/31/2011
Instructor: Mamta Bhatnagar, M. D.

Learning Objectives:

1. Define frailty
2. Name oneself report and two performance based measures of function
3. Define the role of palliative care can help maintain function

Required Readings:


2. Lau, Francis et al. Using the Palliative Performance Scale to provide meaningful survival estimates, J Pain Symptom Management, 2010: 37 (1).


Session 26: Comprehensive Palliative Care Assessment and Interdisciplinary Team Work
2/7/2011
Instructor: Barb Usher, PhD, APRN-BC, BC-PCM

Learning Objectives:

1. Know the domains required to complete a whole person assessment.
2. Identify role of each member of interdisciplinary team.

3. Describe strategies to manage interdisciplinary team conflict.

Required Readings:


   2.1. Cherny, N. The problem of suffering.
   
   2.5. Lickiss, JN, et al. The interdisciplinary team.

   6.1. Ingham, J, Portenoy, R. The measurement of pain and other symptoms.

Session 27: Conducting a Family Conference
2/14/2011
Instructor: Bob Arnold, M.D.

Learning Objectives:

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 Readings:

1. Chaitin B, Arnold RM. Holding family conferences in the ICU. Up-to-date (Parts 1-2)

Recommended Readings:

1. Arnold Handout (family meeting comm guide copy.doc)

2. EOL communication guidelines in Australia.pdf
Session 28: Cultural Issues in End of Life Care  
2/21/2011  
Instructor: Charlene Amato, MSW, BCD, LCSW  

Learning Objectives: Pending  

Required Readings: Pending  

Session 29: Religious Traditions and Spiritual Care  
2/28/2011  
Instructor: David Barnard, Ph.D.  

Learning Objectives:  
1. Appreciate spiritual and existential concerns of patients and families near the end of life.  
2. Distinguish “spirituality” from “religion.”  

Required Readings:  

Session 30: Professional Self-care and Reflection in End of Life Care  
3/7/2011  
Instructors: David Barnard, Ph.D.  

Learning Objectives:  
1. Describe sources of psychological and existential stress in the care of dying patients  
2. Identify personal and professional resources for dealing with psychological and existential stress  

Required Readings:  
2. Billings, On Being a Reluctant Physician—Strains and Rewards in Caring for the Dying at Home
Session 31: Withdrawal of Life Support
3/14/2011
Instructor: Rene Claxton, MD

Learning Objectives: *Pending*

Required Readings: *Pending*

Session 32: Structures, settings and financing for Palliative Care
3/21/2011
Instructors: Nicole Fowler, MHSA

Learning Objectives:

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 Readings:


