CLRES 2601 Principles and Practice of Palliative Care

Course Director:  David Barnard, Ph.D. J.D.
Time:  Monday, 4 – 5 p.m.
Dates:  7/12/2010 –11/1/2010
Location:  MUH G 100 Conference Room

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 1: Fundamentals of Hospice Care  
7/12/2010  
Instructor: Rafael Sciullo, M.S.W.

Learning Objectives:

1. Discuss the major goals and concepts of the hospice and palliative approach to caring for patients with life-limiting illnesses.
2. Describe the condition of “total pain.”
3. Describe eligibility requirements for the Medicare Hospice Benefit.
4. Discuss the role of the physician as a member of the hospice and palliative care team.

Required Readings:


Recommended Readings:


Session 2: Non-Pain Symptoms: GI-Anorexia, Nausea, Constipation, and Bowel Obstruction  
7/19/2010  
Instructor: Linda King, M.D.

Learning Objectives:

1. Know how to assess each of the common GI symptoms.
2. Identify pharmacologic and non-pharmacologic treatment strategies for each symptom.
3. Describe appropriate role of surgery and interventional management of SBO.
4. Counsel patients and families regarding anorexia in advanced disease caring for these patients.

Required Readings:

Session 3: Non-Pain Symptoms: Continued
7/26/2010
Instructor: Linda King, M.D.

Learning Objectives:

1. Know how to assess dyspnea.
2. Know the pharmacologic management of dyspnea.
3. Describe the role of oxygen in managing dyspnea.
4. Describe non-pharmacologic strategies to manage dyspnea.
5. Know how to assess oral symptoms and lesions.
6. Identify treatment strategies for oral lesions and dry mouth.

Required Readings:


Session 4: Prognostication (foretelling and foreseeing in Life-limiting illness)
8/2/2010
Instructor: Bob Arnold, M.D.

Learning Objectives:

1. Describe three common factors which influence prognosis across common illness
2. Describe the most common trajectories for cancer and non-cancer illnesses
3. Describe how to prognosticate in one common life limiting disease
4. Describe a method for discussing prognosis with patients and their families
5. Describe the data concerning how (a) physicians prognosticate and (b) discuss prognosis with patients

Required Readings:


Also Fast Facts:

1. Fast Fact and Concept #013: Determining Prognosis in Advanced Cancer
2. Fast Fact and Concept #030: Prognostication
3. Fast Fact and Concept #124: The Palliative Prognostic Score (PaP)
4. Fast Fact and Concept #125: The Palliative Performance Scale (PPS)
5. Fast Fact and Concept #141: Prognosis in End-Stage COPD
6. Fast Fact and Concept #143: Prognostication in Heart Failure
7. Fast Fact and Concept #150: Prognostication in Dementia
8. FAST FACT AND CONCEPT #179: CPR Survival in the Hospital Setting
9. Fast Fact and Concept #189: Prognosis in Decompensated Chronic Liver Failure
10. Fast Fact and Concept #191: Prognostication in Patients Receiving Dialysis

**Session 5: Non-opioid and Adjuvant Analgesics**

**8/9/2010**

**Instructor:** Gordon Wood, MD

**Learning Objectives:**

1. Describe the traditional pain classification system including the difference between nociceptive and neuropathic pain, as well as the problems with this system.
2. Describe the mechanisms of action, indications and side effects of NSAIDs and acetaminophen
3. Describe three uses for corticosteroids in pain management.
4. List the first line antidepressants, anticonvulsants and local anesthetics used in neuropathic pain management
5. Describe the therapeutic approach to bone pain

**Required Readings:**

1. Oxford Textbook of Palliative Medicine: 8.2.4 and 8.2.5 (pages 342-366)

**Recommended Readings:**


Session 6: Pain Management: Physiology and Assessment
8/16/2010
Instructor: Bob Arnold, M.D.

Learning Objectives:

1. Pain Management: Physiology and Assessment
   a. Demonstrate techniques for obtaining a pain history
   b. Conduct appropriate physical exam
   c. Use appropriate pain scales, including special techniques for children and the elderly

2. Pain Management: Health service research
   a. Describe the prevalence of pain and its treatment in palliative care
   b. Describe the variations in treatment of pain based on age, ethnicity and gender

3. Pain management and addiction
   a. Define dependence, addiction and tolerance
   b. Describe a way to develop goals of therapy in patients with both addiction and pain disorders
   c. Describe a management strategy for patients with both addiction and pain disorders

Required Readings:


Recommended Readings:
1. Chang VT, Janjan N, Jain S, Chau C Update in Cancer Pain Syndromes and Regional Cancer Pain Syndromes

Session 7: Pain Management: Use of Opioids Part 1
8/23/2010
Instructor: Bob Arnold, M.D.

Learning Objectives:

1. Describe the pharmacology and pharmacokinetics of the different opiate analgesics and how they differ

2. Describe the data supporting the use of the different opiates used in palliative care

3. Demonstrate skills in the use of alternate routes of administering analgesics when there is unacceptable pain relief with oral preparations

4. Use equivalency tables comparing the equianalgesic doses of commonly used analgesics

5. State the side effects of the analgesics which are commonly used to manage pain and techniques for alleviating these side effects

6. Describe how to use opiate in renal and liver failure

Required Readings:


Recommended Readings:


Session 8: Providing Care in the Home
8/30/2010
Instructor: Linda King, M.D.

Learning Objectives:

1. Recognize role of hospice and home care services.
2. Know how to manage common physical symptoms in the home setting.
3. Know how to change medication routes and regimens in the home.
4. Recognize when care in the home is inadequate or unsafe.

Readings:


9/6/2010 Labor Day/ NO CLASS

Session 9: Basic Science of Pain
9/13/2010
Instructor: Gerald F Gebhart, PhD

Learning Objectives:

1. Differentiate somatic pain from nerve-damage pain

Required Readings:


Session 10: Pain Management: Use of Opioids Part 2
9/20/2010
Instructor: Bob Arnold, M.D.
Learning Objectives:

1. Differentiate somatic pain from nerve-damage pain
2. Differentiate from baseline and breakthrough pain and identify specific, targeted treatments.
3. Describe how neuropathic pain differs from other pain syndrome
4. Describe an evidence based method for treating neuropathic pain syndromes using co-analgesics
5. Describe the theoretical justification for using methadone
6. Describe the unique pharmacokinetics of methadone and how to go from other opiates to equianalgesic doses of methadone

Required Readings:

WHO vs. Strong opiates


BKT dosing


Dosing in renal failure


Treatment of opiate side effects


Recommended Readings:

Neuropathic Pain Syndromes and Non-Opiates


Session 11: Palliative Care Emergencies: Spinal Cord Compression, Hypercalcemia, Fracture, Seizure
9/27/2010
Instructor: Winnie Teuteberg, M.D.

Learning Objectives:

1. Diagnose spinal cord compression based on clinical history and exam.

2. Describe appropriate management of spinal cord compression.

3. Know signs and symptoms and management strategies for hypercalcemia.


5. Describe acute management of seizures and status epilepticus.

Required Readings:


Session 12: Communication: Giving Bad News
10/4/2010
Instructors: Bob Arnold, M.D.

Learning Objectives:
1. Be able to define bad news and what makes it bad.
2. Identify barriers to giving bad news to patients and family.
3. Be able to list and explain the 6 steps for giving bad news.

Required Readings:

Session 13: Non-invasive and Non-pharmacologic Modalities for Pain Management
10/11/2010
Instructor: Ellen Ormond

Objectives:
1. Learn about available cognitive and behavioral options for pain management.
2. Learn to do basic breathing, imagery, and progressive muscle relaxation techniques.

Required Readings:

Chapter 16: Complementary therapies in palliative medicine

Session 14: Interventional Pain Management Techniques
10/18/2010
Instructor: Edward Heres, MD
Learning Objectives:
1. Describe new, interventional methods to treat refractory pain to include:
   a. Interthecal pump
   b. Celiac plexus blocks

Required Readings:
   a. 8.2.6. Anaesthetic techniques for pain management, Robert A. Swarm, Menelaos Karanikolas and Michael J. Cousins.


Session 14: Psychiatric Symptoms: Anxiety and Depression
10/25/2010
Session 15: Psychiatric Symptoms: Delirium and Dementia
11/1/2010
Instructor: Kevin Patterson
Learning objectives:
1. Explain the differences between sadness, adjustment disorder, and depression.

2. Summarize the physical and psychological symptoms of major depression.

3. Compare and contrast representative classes of antidepressant medications and their use in management of depression.

4. List reversible causes of delirium commonly seen in patients with terminal illness.

5. Compare and contrast particular benzodiazepines and specific neuroleptic medications for the control of delirium.

6. Describe pharmacologic and non-pharmacologic approaches to the anxious patient.

7. Describe a treatment plan for patients with altered sleep-wake patterns.

Required Readings: