

EDUCATING FAMILY PHYSICIANS IN PALLIATIVE CARE

A FOUR-DAY SMALL GROUP LEARNING PROGRAM & PRECEPTORSHIP

Thursday, April 23 – Sunday, April 26, 2020

DONALD GORDON CENTRE | KINGSTON

FACULTY - TO BE CONFIRMED

Julia Davies, MSW, RSW, Social Worker, Cancer Centre of Southeastern Ontario

Alison Flanagan, MD, CCFP (PC), Assistant Professor, Division of Palliative Medicine, Department of Medicine, Queen's University

Christopher Frank, MD, FCFP (COE), Professor, Division of Geriatric Medicine, Department of Medicine, Queen's University

Craig Goldie, MD, CCFP (PC), Assistant Professor, Division of Palliative Medicine, Departments of Oncology & Medicine, Queen's University

Leonie Herx, MD, PhD, FCFP (PC), Associate Professor, Division Chair and Connell Chair, Division of Palliative Medicine, Department of Medicine, Queen's University

Majid Iqbal, MD, PhD, CCFP, Division of Palliative Medicine, Queen's University

Danielle Kain, MA, MD, CCFP (PC), Assistant Professor, Division of Palliative Medicine, Departments of Medicine & Oncology, Queen's University

Janeta Kobes, B.Th., R.P.; CASC Certified Specialist, Spiritual Health Practitioner; Registered Psychotherapist, CRPO; Department of Spiritual Care, Kingston Health Sciences Centre; Palliative Care, Oncology, Cancer Centre of Southeastern Ontario

Natalie Kondor, MD, MSc, CCFP (PC), Assistant Professor, Division of Palliative Medicine, Department of Family Medicine, Queen's University

Heather Ostic, MD, CCFP, Assistant Professor, Departments of Oncology & Family Medicine, Queen's University; Clinical Associate, Cancer Centre of Southeastern Ontario

Hasitha Welihinda, MD, FRCPC, Assistant Professor, Division of Nephrology, Department of Medicine, Queen's University

PROGRAM PLANNING COMMITTEE

Craig Goldie, MD, CCFP (PC)

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Danielle Kain, MA, MD, CCFP (PC)

Christopher Frank, MD, CCFP, FCFP

Richard van Wylick, MD, FRCPC

Educating Family Physicians in Palliative Care

April 23 – April 26, 2020 | Donald Gordon Centre, Kingston, ON

SAMPLE PROGRAM AGENDA

DAY 1

Thursday, April 23, 2020

11:30 AM - 12:00 PM	Registration
12:00 PM - 12:45 PM	Lunch
12:45 PM - 1:15 PM	Welcome, Introduction to Palliative Care Initiatives, Objectives & Overview
1:15 PM - 2:45 PM	Pain Management (Part I)
2:45 PM - 3:00 PM	Nutrition Break
3:00 PM - 4:00 PM	Advanced Pain Management (Part II)
4:00 PM - 5:30 PM	Pain Cases

LEARNING OBJECTIVES

The participant will:

- Integrate palliative models of care in their practice
- Identify local (Kingston) palliative care team capacity and organization resources
- Discuss pain, nociception, and basic pain ladder
- Recognize different opioid formulations, dosing, rotation and side effects
- Identify strategies for particular pains (e.g. neuropathic, bony)
- Integrate more advanced pain management techniques including CADDs, methadone, lidocaine, ketamine
- Identify interventional pain strategies (e.g. epidurals, intrathecal)
- Evaluate using palliative pain management strategies, including opioids, adjuvants in group case-based discussions

DAY 2

Friday, April 24, 2020

7:30 AM - 8:00 AM	Continental Breakfast
8:00 AM - 8:45 AM	Oncology Updates for Family Physicians
8:45 AM - 9:45 AM	Palliative Care in Non-Malignant Diseases
9:45 AM - 10:00 AM	Nutrition Break
10:00 AM - 11:00 AM	Cases: Palliative Care in Non-Malignant Disease
11:00 AM - 12:00 PM	Palliation of Nausea & Vomiting
12:00 PM - 12:45 PM	Lunch
12:45 PM - 1:45 PM	Malignant Bowel Obstruction
1:45 PM - 2:45 PM	Constipation and Anorexia/Cachexia
2:45 PM - 3:00 PM	Nutrition Break
3:00 PM - 3:30 PM	Bereavement and Grief
3:30 PM - 4:00 PM	Spirituality in Medicine
4:00 PM - 5:00 PM	Cannabis in Palliative Care

LEARNING OBJECTIVES

The participant will:

- Discuss basic principles of palliative systemic cancer therapy: Indications; Benefits; Side effects
- Discuss the needs and role of palliative care in non-malignant conditions: cardiovascular, respiratory, renal, and neurologic (including dementia)
- Overview of a palliative approach to care for: Dementia; Neurological disorders (ALS); End-Stage Kidney Disease; Heart Failure & End-Stage Cardiac disease; COPD & IPF
- Practice using palliative symptom management strategies for non-malignant diseases in group case-based discussions.
- Identify causes of vomiting in the palliative care setting
- Identify the pharmacologic and non-pharmacologic approaches to nausea and vomiting in the palliative care setting
- Practice initiating and managing antiemetics through case-based discussions
- Review the prevalence and causes of malignant bowel obstructions
- Discuss treatment of partial and complete malignant bowel obstruction
- Discuss management of bowel obstructions in group case-based discussions
- Identify the pharmacologic and non-pharmacologic approaches to constipation and diarrhea
- Discuss prevalence and management of anorexia/cachexia in palliative patients
- Practice bowel management in group case-based discussions.
- Discuss the provision of bereavement and grief follow-up.
- Discuss the importance of spirituality in holistic care
- Utilize a suggested format for eliciting a patient's spiritual history
- Evaluate the evidence for medical cannabis in palliative care
- Provide clear instructions on how to authorize cannabis for palliative care patients

DAY 3

Saturday, April 25, 2020

7:30 AM - 8:00 AM	Continental Breakfast
8:00 AM - 9:00 AM	Delirium
9:00 AM - 10:00 AM	Frailty as a Guide to Decision Making
10:00 AM - 10:15 AM	Nutrition Break
10:15 AM - 11:15 AM	Advance Care Planning, Goals of Care
11:15 AM - 12:15 PM	Emergencies in Palliative Care
12:15 PM - 1:00 PM	Lunch
1:00 PM - 2:00 PM	Proportionate Palliative Sedation and Definition of MAiD
2:00 PM - 2:15 PM	Nutrition Break
2:15 PM - 3:30 PM	Care for the Imminently Dying Patient

LEARNING OBJECTIVES

The participant will:

- Diagnose, assess and manage delirium to meet the palliative care patients' goals of care
- Incorporate palliative care principles into care of patients with frailty
- Identify the legal framework on advance care planning, goals of care, and consent.
- Highlight the benefits of early advance care planning.
- Provide resources and strategies for communication and decision-making
- Identify various emergencies in palliative care
- Discuss potential management options considering goals of care and location of care
- Discuss the terminology and definitions related to palliative sedation
- Discuss the terminology and definitions related to palliative sedation
- Integrate guidelines and recommendations for use of palliative sedation
- Contrast palliative sedation with MAiD

DAY 4

Sunday, April 26, 2020

8:00 AM - 8:30 AM	Continental Breakfast
8:30 AM - 10:00 AM	Home Supports and Practical Tips
10:00 AM - 10:15 AM	Nutrition Break
10:15 AM - 11:15 AM	Consolidating Palliative Care Cases
11:15 AM - 11:45 AM	Wrap-up and Closing Remarks
11:45 AM - 12:30 PM	Lunch and Program Close

LEARNING OBJECTIVES

The participant will:

- Integrate resources and critical pieces to provide end-of-life care in the home
- Identify palliative billing codes
- Practice managing palliative care cases to consolidate knowledge and skills
- Evaluate opportunities and challenges associated with providing palliative care

As part of this program, you are required to complete a preceptorship and post-program reflection.

PRECEPTORSHIP

Within three months of the conclusion of the live program, spend a day (not available on Saturday or Sunday) in Kingston with the Palliative Care team. This may include one of several options: home visits, Palliative Care Unit at Providence Hospital or Palliative Care Clinic at the Cancer Centre of South Eastern Ontario.

POST PROGRAM REFLECTION

Your Post Program Reflection will be emailed to you approximately 2 months after the live program is completed.



FACULTY OF HEALTH SCIENCES
CONTINUING PROFESSIONAL
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